

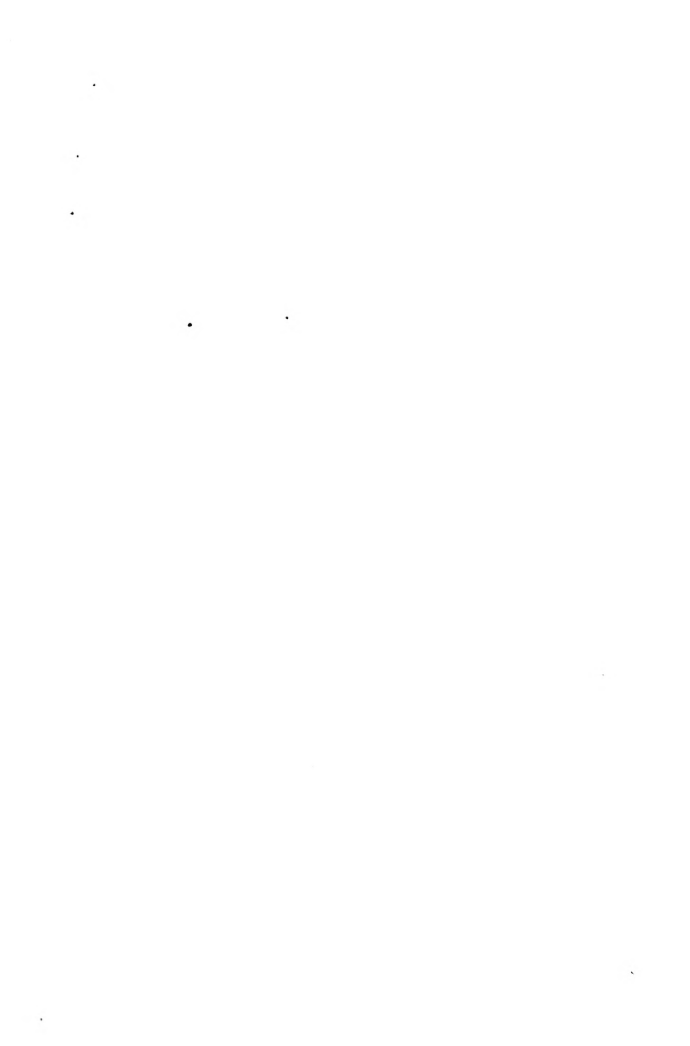
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HOOVER'S Book of Recipes;

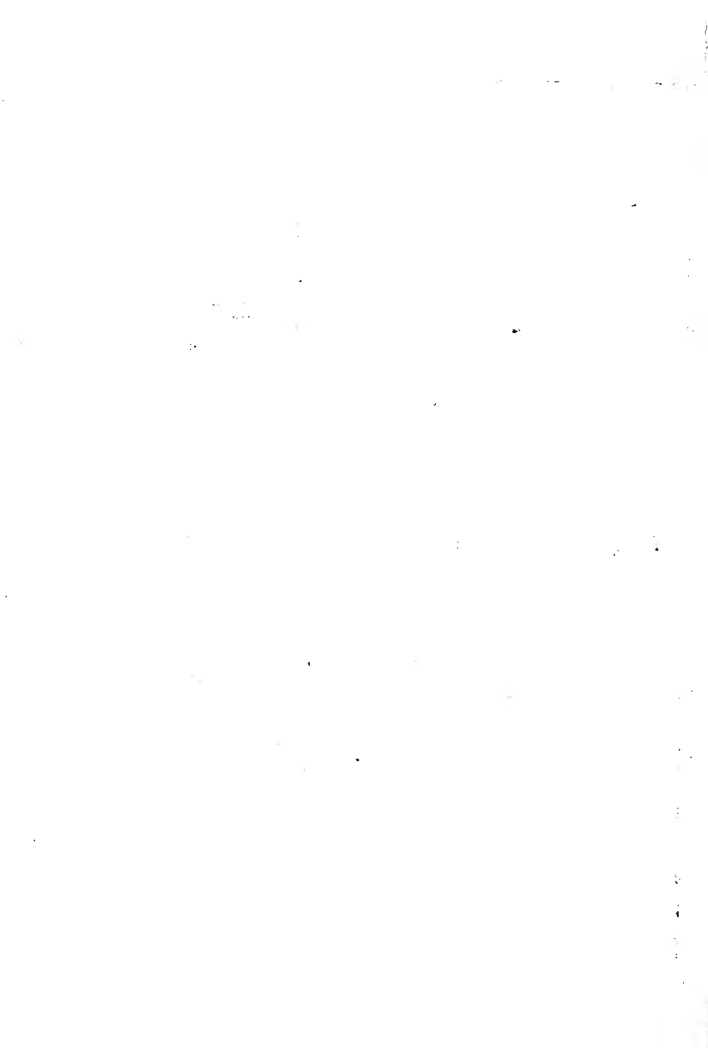
An Invaluable Collection of

PRIVATE ^{AND} PRACTICAL RECIPES,

And Hidden Secrets Revealed.

WRITTEN BY

≡M. S. HOOVER≡



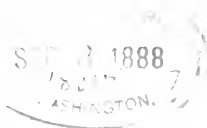
HOOVER'S Book of Recipes,

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M. S. HOOVER.

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INTRODUCTION.

The compiler, in presenting this little work on crude, organic remedies, does not propose to run a tilt with any schools of medical practice, however much they may be opposed to common sense and reason, and to the divine ordinances of nature, nor will he treat with contempt the teachings and practices of great and wonderful names, or oppose the pride, interest, expectation or conscientious convictions of a learned, honorable and influential profession.

My object is simply to present many new and curious, if not startling, facts, not only well worthy of the earnest consideration of the more intelligent portion of the community, who demand reasons, the most profound, to lead them to conviction of the truth, but also by the great mass of humble people, who desire, amid all the grand reforms in human society, above all things to secure a sound mind within a sound body, and to feel something of that exalted state of happiness which alone can arise from the possession of the most robust and rubicund physical and moral health.

It must be palpable to every thinking mind that therapeutical and pharmaceutical science is the very foundation of the healing art divine. In the language of the holy writ, "The Lord has created medicines out of the earth and he that is wise will not abhor them." Now what are the sins of the father which are thus visited upon their unfortunate offspring? Sin has been defined as a violation of the laws of God, and the sinner is one who lives in the daily or habitual violation of the physical, organic, mental or moral laws of the Creator. Indeed, all pain, disease or premature death, not only in this world, but in that which is to come, from the violation of creation's laws, the wages of sin is death. The annals of research demonstrate that nearly one-third of the diseases which afflict mankind are hereditary, and have been handed down from parents to progeny, in consequence of these violations of organic laws. What an interesting fact is here revealed to the thought, that at least one-third of the disease now afflicting mankind will run into the next generation.

M. S. HOOVER.

RECIPES.

ASTHMA AND DROPSY.

Take the seed of larkspur one ounce; diluted alcohol one pint; let macerate in a bottle for ten days. This has been found useful in spasmodic asthma and dropsy. The dose is ten drops, three or four times a day, or more frequently until some effect is noticed.

ASTHMA, TO CURE.

Take extract of Indian hemp root one drachm, extract of licorice root one ounce; extract of dandelion one ounce, salt of tartar one-half ounce; warm water 1 quart. Mix, and let dissolve. Dose, one tablespoonful, three or four times a day. This has frequently proven beneficial not only in relieving but in curing Asthma.

ASTHMA PILLS.

Take powdered elecampane root one drachm; licorice root one drachm, anise seed one drachm; sulphur one drachm. Mix, and make into ordinary sized pills, with a sufficient quantity of tar, and take three or four of the pills at night on going to bed. This is an admirable remedy for asthma and shortness of breath.

ASTHMA ELIXIR.

Take honey 4 ounces; licorice root 4 ounces; flowers of bensoin 1 drachm; gum opium 1 drachm; gum camphor 2 scruples; oil of anise $\frac{1}{2}$ scruple; salt of tartar 1 ounce; diluted alcohol 1 quart. Let macerate a few weeks, shaking the bottle frequently, then strain for use. The dose is from 20 to 100 drops for an adult and from 5 to 20 for children. Also good for whooping cough, taken 3 to 6 times a day.

AGUE OR CHILLS AND FEVER, TO CURE.

Take 1 quart of old rye whisky; put two tablespoonsful of fine grated garlic; a lump of asafetida the size of an average hazel nut. Shake the bottle frequently, until all is dissolved or soaked through. Let the bottle stand 3 or 4 days before using. Take one-fourth to one gill morning and evening until the fever is broken. Continue for several days.

ADHESIVE OR STICKING PLASTER.

Take equal parts of senuvitrified oxide of lead and fine rosin; melt together and spread on thin oil cloth. Very good for back ache.

AGUE AND FEVER, A WARRANTED CURE.

Take $1\frac{1}{2}$ ounces cloves; $1\frac{1}{2}$ ounces cream tartar; 1 ounce Peruvian bark. Pulverize all to a fine powder, put into 1 quart of port wine, and let it macerate for 6 days. Then

take the tincture on the well days as often as the stomach retains it well.

ANODINE BALSAM.

Castile soap 1 ounce ; liquid opium $\frac{1}{2}$ ounce ; gum camphor 6 drachms ; saffron 1 drachm ; spirits of wine or diluted alcohol 18 ounces. Put in a bottle and let stand for 10 days, shaking the bottle frequently, except the last two days. After it settles pour it off clear for use. In nervous colic this remedy is of great service, and it cleanses all the viscera and glandular parts. It is even good in jaundice, and such distempers of the urinary passages as proceed from the obstructions of gravelly or slimy humors. Dose, for internal use is from 20 to 50 drops ; for external use wet a large rag and lay it on the sore or painful part. It does excellent service.

ANATOMY OF THE BRAIN AND NERVES AT BIRTH.

The brain of the human being is equal to about one-sixth the total weight of the body, weighing about 16 ounces. It gradually grows and increases to the average age of thirty, when it attains its size and weight. At this time of life the brain of the male weighs about 52 ounces, that of the female about 48 ounces. So it will be perceived that the brain of the male weighs about 4 ounces more than that of the female. But when we come to examine the minute anatomy of the female brain, we find that its texture is much finer than that of the male, so

that the less quantity is made up for by the superior quality, though there is so much difference in size and weight; yet every one knows that they are of equal value. There is a very intimate relation between the size and quality of the human brain and the intellectual and moral power manifested during life. The brain of Isaac Newton weighed 64 ounces, that of Daniel Webster 57 ounces. As we said before, the average weight of the brain at birth is 16 ounces.

ASTHMA, A CURE FOR.

Take of elecampane, angelica, comfrey, spikenard root, and horehound tops, each 1 ounce. Bruise and steep in a pint of honey. Dose, a tablespoonful taken hot every 4 minutes until relief is obtained, then several times a day until cured.

ALTERATIVE, A VALUABLE SYRUP.

American sarsaparilla root, yellow parrilla, dandelion and burdock root, of each 1 pound; guaiacum shavings, poke root, blue flag, elder blossoms, bark of sassafras root, of each $\frac{1}{2}$ pound. Cut the roots into small pieces and boil all together in 4 gallons of water down to 4 quarts. Let stand to cool and settle, and then strain and press out. Then add 8 pounds white sugar. Heat and stir to melt the sugar, and when cold bottle for use. Dose, 1 ounce 3 times a day. It is an excellent alterative in all constitutional diseases, and impurities of the blood, and especially

in skin diseases, secondary syphilis and liver complaint, rheumatism or scrofula.

To make it still better, add to each pint a drachm of iodide of potassia, which is very good for the blood at all times.

AN ALTERNATIVE POWDER FOR THE LIVER.

Take equal parts of blue flag root, blood root, may-apple root, golden seal root, bitter root, $\frac{1}{2}$ ounce each. Pulverize all fine. Dose as an alterative, and to act on the liver and secretions, from 3 to 5 grains 2 or 3 times per day. To be taken as a powder.

ASTHMA AND ASTHMATIC COUGH REMEDY.

Take elecampane root, comfrey root, spikenard root, horehound herbs, of each one ounce ; wild cherry bark $\frac{1}{2}$ ounce. Simmer in 3 pints of water down to one pint, then strain and add 1 pint of brown sugar ; strain again and add $\frac{1}{2}$ pint of old Jamaica rum. Dose, one ounce at morning, one at noon, and particularly one at night before going to bed. This valuable syrup has proven beneficial in hundreds of cases where great difficulty was experienced in breathing and cough was very troublesome. May be taken $\frac{1}{2}$ hour after meals.

ANCIENT WORM ELIXIR.

Gum of myrrh and aloes, each 1 ounce ; saffron, sage leaves and tansy leaves, each $\frac{1}{2}$ ounce ; tincture all the above in a pint of brandy for 2 weeks. Give children a

teaspoonful once a week to once a month as a preventive. As long as you use this mixture will never have worms.

ANCIENT SOOTHING SYRUP.

To a pound of honey add a teaspoonful of pargeoric and a teaspoonful oil of anise. Mix well and add enough water to make a thick syrup. Bottle for use. Dose, for children teething, a teaspoonful occasionally.

AN OLD BUNION CURE.

Put saltpetre in a bottle with olive oil sufficient to dissolve the former, or to make a thick syrup. Shake well and rub the inflamed parts or joints morning and evening or oftener if necessary. A cure will result.

CURE FOR A HIDE-BOUND HORSE.

4 ounces saltpetre ; crude antimony 1 ounce ; sulphur $2\frac{1}{2}$ ounces. Pulverize to a fine powder, and mix well. Dose, a teaspoonful every day in bran for 8 or 10 days. A cure will follow.

FOR WORKING THE BLOOD DOWNWARDS AND PROMOTING THE MENSES.

Take the bark of barberry root, 1 ounce ; horseradish and garden carrot roots each an ounce, in a pint of good old rye whiskey. Mix and let it stand 6 days. Dose, a good swallow before each meal, to be continued for some time.

REMEDY FOR WEAK EYES.

In a pint of good whiskey put 2 ounces of rosemary leaves ; shake the bottle occasionally for 3 days ; then strain. To a teaspoonful of this tincture add 4 teaspoonsful of warm water, and wash the eyes well every evening, getting it well into the eyes, under the lids. Gradually make the liquid stronger until you can use equal parts of the water and tincture. Use for several weeks.

ALTERATIVE OR LIVER POWDER.

Podophyllum 10 grains ; sanguinaria 10 grains ; leptandrin 20 grains ; white sugar 40 grains. Mix all together and divide in 20 powders. Take one night and morning. If they operate too much on the bowels, take but one a day. They are invaluable in liver complaints, torpidity of the liver, or as an alterative to act on the secretions of the system. Is free from any danger.

A WORK SHOP.

This is what every farmer should have. Let it contain a bench with a vise and a complete set of carpenter's tools, paints, pots, and brushes of two or three sizes ; an assortment of files, cold chisels and a monkey wrench, beside a stock of boards and timber of various kinds. Add to this a few awls, wax thread, rivets, a set of punches, and leather. Instruct the boys in the use and care of the

tools. Thus provided many a profitable day's work may be done by the industrious farmer.

ANTEVERSION OF THE WOMB.

This form of displacement is always produced by pressure from above acting upon the womb beneath, forcing it over in front against the bladder. Now, it is very evident that it will be utterly impossible for any passarie or other instrument introduced into the vagina to raise the womb off the bladder, and retain it in its proper position. This can only be accomplished by removing the pressure from above, by shortening the waist of the dress, so that the belt does not come down more than three inches below the breasts, removing all whale bone, abandoning the corsets, and adjusting the skirts to a well-fitting undervest. When all weight and pressure from above has been removed from the womb as directed, the weakened and relaxed ligaments of this organ may be induced to contract by the use of cold hip baths, and astringent injections, frictions over the lower part of the abdomen, inside of the hips, with a coarse towel, night and morning, in a reclining position, and the use of astringent tonics internally, such as iron, quinine, nux vomica, etc.

ANCIENT CHOLERA BALSAM.

Chloroform 1 fluid ounce ; laudanum, spirits lavender, spirits camphor, essence Jamaica ginger, essence peppermint, essence cinnamon, each 1 ounce ; simple syrup

16 ounces. Mix all together, and it is ready for use. It will cure cholera morbus, diarrhoea, dysentery, colic, pains in the bowels, of either children or adults. Dose, a tablespoonful for an adult ; ten years old a teaspoonful ; infant $\frac{1}{4}$ teaspoonful diluted in milk. Do not swallow all at once, but take gradually. Repeat dose every 15 minutes for adults ; every two hours for an infant, as the case may be, until the pains subside. Shake the bottle before using.

APPETITE AND DIGESTION, TO INCREASE.

Also to purify the stomach and nervous system, and improve the secretions from the skin, kidneys and bowels. Take tincture collinsonia 2 ounces; simple syrup 2 ounces. Dose, a teaspoonful 4 times a day.

AIRING FEATHER BEDS.

The sun should not shine directly on them, as it is air, not heat, that is required. We have seen beds lying on roofs where the direct rays of the sun had full power on the feathers. No doubt they were stewing, and the oil in the quills getting rancid, so that the bed would smell worse than before. Always air beds in the shade on cold or cool and windy days. Feather beds should be opened every 3 or 4 years and the ticks washed, the seams soaped and the feathers renovated. It would seem that feathers were never intended for humanity to sleep on, as they are debilitating. Straw or corn husks are much preferable to

feathers. Very true is it that the care of beds is not always understood, even by some of our good old housewives. Run your clothes line or wire under a tree and hang your bed in the shade. The cool air will take away that strong smell and the heat of the sun will not melt the feathers so as to get lumpy, almost before you get them into the house.

A KEY, TO REPLACE.

When a key is lost or broken buy one at the hardware store. If the new key does not fit the lock, smoke it over a candle, insert in the key hole, and press it firmly against the wards inside the lock. The marks on the key will show where to file away to let it turn.

BALSAM APPLE LINIMENT.

This is made by infusing the apple, deprived of the seeds, in olive oil. Applied to chapped hands, burns and old sores, or piles, it is very healing. The fruit itself is sometimes mashed and used in the form of a poultice. It is poisonous if taken inwardly.

BUNIONS, TO CURE.

Take extract of stramonium $\frac{1}{2}$ ounce; add to this glycerine 2 drachms, iodide of cadmium 1 drachm. Mix and rub together. A plaster of this should be put on the bunions every night until cured.

BALSAM FOR INTERNAL BLEEDING FROM LUNGS AND STOMACH OR NOSE.

Also for bleeding from the womb. Put sulphuric acid $2\frac{1}{2}$ ounces by weight in a glass and slowly add oil of turpentine one fluid drachm, stirring it all the time with a stick. Add slowly one fluid drachm of alcohol, and continue to stir as long as any fumes arise from the mixture. Then bottle in a glass stoppered bottle; it should be a clear red color. Dose to be taken by putting 40 drops into a tea cup, and stirring well with a teaspoonful of sugar; then stir in water till the cup is about full, and drink quickly. Repeat every hour for three or four hours. Should the bleeding stop then, use no more at the time.

BOILS AND SORES OF ALL KINDS, TO CURE.

Take bees-wax 2 ounces ; hog's lard 1 ounce; mutton tallow 1 ounce; rosin 1 ounce. Melt all together; use like other plasters, or tie on with a rag if convenient to do so.

BLEEDING AT THE STOMACH.

Take one pound of yellow dock root, dry it thoroughly and pound it fine ; boil it in one quart of milk and strain it off. Use one gill three times a day.

BALDNESS, TO CURE.

Take 1 ounce sugar of lead ; 1 ounce lac sulphur. Mix and dissolve in a quart of rain water. Pour off after it settles, then strain. Use two or three times a day on the hair. This will both preserve and color the hair.

BEEF GALL LINIMENT.

Take 1 pint of pure alcohol ; 1 ounce gum camphor ; 1 beef gall. Mix the gall and alcohol thoroughly, then add the camphor. Shake the bottle well before using. The above receipt is the best in use for sprains, rheumatism pains in the joints, bones and all diseases requiring an outward application. Rub the sore parts well 3 or 4 times during the day, and on retiring at night.

BATEMAN'S DROPS.

Paregoric 10 ounces ; tincture of castor 4 ounces ; laudanum 1 ounce ; tincture of saffron 1 ounce ; oil of anise 15 drops. Mix. Dose, one tablespoonful in case of a cold or cough.

**BREAST ELIXIR FOR COUGH AND ULCERS
OF THE LUNGS.**

Balsam of tulu 2 ounces ; balsam of Peru 1 ounce ; flowers of benzoin $\frac{1}{2}$ ounce ; crocus $\frac{1}{2}$ ounce ; spirits of wine 2 pints. Dose, 1 teaspoonful 2 or 3 times a day until it will physic; if too much take less or more as the case may be. A purifying remedy for the breast, cough and ulcers of the lungs.

BLOOD, AN EXTRA PURIFYER FOR WOMEN.

Take crocus $\frac{1}{2}$ drachm ; nutmeg flowers $\frac{1}{2}$ drachm ; cloves $\frac{1}{2}$ drachm ; cinnamon bark 1 drachm ; white sugar 3 ounces. Pulverize all together and put it in a pint of good wine. Set the bottle in the sun for three or four days ; shake the bottle frequently. Dose, 2 ounces morning and

evening. This is to bring the monthly time in women, if well attended to.

BURNS, TO CURE.

Take 2 tablespoonsful of sweet oil; 1 tablespoon of litharge; 1 tablespoon of water. Mix all well together. Put this ointment on the burn every 3 or 4 hours.

BURNS AND SORES—A LEAD SALVE.

Sweet oil 1 pint; white wax $1\frac{1}{2}$ ounces; sugar 2 drachms; pulverize and mix with a part of the oil. Then melt the wax with the rest of the oil by the heat, not too hot, then mix all together and stir until cold. Good for burns and sores of all kinds.

BLOOD PURIFYING TINCTURE.

Take senna leaves 3 ounces; licorice root 3 ounces; rhubarb root 3 ounces; jalap 1 ounce; coriander seed $\frac{1}{2}$ ounce; fennel seed $\frac{1}{2}$ ounce; red sanders wood $\frac{1}{2}$ ounce. Make all to a coarse powder, put into a bottle, and put into it one gallon of good old rye whiskey. Set the bottle out in the sun for 9 days; shake the bottle a few times every day, then press the juice out and strain through a cloth. Put the tincture in a bottle again and put in a pound of white sugar. Let the bottle stand again for 9 days, then it is ready for use. Dose, a tablespoonful morning and evening. If it will not physic in a few days, increase the dose, or take it three times a day. It ought not to physic too freely, only to keep the bowels open. Can be used before meal time.

BURN, BY FIRE OR HEAT, TO CURE.

Take $\frac{1}{2}$ pint of linseed oil ; 1 tablespoon of lard ; 1 spoon of rosin ; burn old shoe soles to ashes and dust the ashes through a thin cloth. Bring the above articles to a boiling point, then let cool off so as to warm, then put in a tablespoon of the shoe sole powder, and stir until cold. Put of this on the burn and it will draw the heat and fire out and ease the inflammation.

BREASTS, SORE, ON A WOMAN.

Take 2 tablespoons of strong vinegar ; 1 pint of rain water ; one teaspoon of sugar. Mix well, warm it and put on a thick rag, and lay it on the sore. Put on fresh whenever the rag gets dry.

BROKEN CHINA OR GLASSWARE CEMENT.

Dissolve $\frac{1}{2}$ ounce of gum acacia in 2 ounces of boiling water. Add plaster of Paris sufficient to form a thick paste. Apply to the broken glass with a brush. This is a good glass cement.

BREAD, AN EXPLANATION OF.

More fresh bread and hot cakes are eaten in America than in all the rest of the world, simply because we have so few good bread makers. It is comparatively easy for people to eat warm sour dough, but when old and stale it would not be tolerated by the most vigorous stomach. Many persons have discovered that it is a great accomplishment for a lady to make good bread, and is an accomplishment that any lady may well be proud of. It is a far

greater accomplishment than to play elegantly upon the organ, and it indicates a higher order of talent and as much industry and application to learn the art. It requires a little time and experience, which can only be acquired by practice to teach young ladies how to play elegantly upon the organ or to make wax flowers, but to make good bread, observation has taught me that more than thirty young ladies can play on the organ where one can make good bread. In the great lottery of matrimony, when a man marries a woman who can and does make good bread every time, it is because she knows how, and not by guess, or by accident, but by understanding it thoroughly.

BALD HEADS, AND WHY SO.

On their heads it is the fashionable and heavy stove pipe hat that is worn by men at the present day, which being composed of impervious materials, preventing the escape of perspiration and causing the scalp to become moist and hot, when the hair sickens and dies, and will fall out all over the top of the head, leaving only a little strip of hair around the base of the scalp, below the hat. If many gentlemen could only draw their sweat-boxes down on their heads an inch lower it would take every hair out of their scalps as clean as the palm of their hands. It has often been noticed that persons who never wear any covering upon their heads, never lose their hair, nor does it turn gray so soon. We will find at least a thousand men

who wear the present fashionable stove pipe, or steam box, steaming or scalding the hair all off their heads. Soft, porous felt hats, or hats with large openings, or a ventilator in the crown, and worn only for a short time, are most favorable for the growth and preservation of the hair. Why do women not get bald?

BEARDS, WHY SOME MEN CANNOT RAISE.

The quality and quantity of the beard depends upon the condition of the seminal organs, and the influence of the seminal fluid in modifying its growth. How few young men, when they survey their vain efforts to establish a respectable beard, have any idea that their failure to do so has any relation to the condition of the seminal organs, or the influence or want of seminal fluid to develop a strong beard. Some men are half women, so born by nature. A heavy and flowing beard is an evidence of vigorous seminal organs. How few young men appear to understand and appreciate the truth of this maxim. How few persons when they marry in the morning of their lives, and in the vigor of their manhood, have any idea of the ruinous effects of sexual excess. Having abused themselves, they are becoming a nation of impotents, and this is why there is so much nervous disease among children, infantile paralysis, deformities, idiocy and the like. You, who are about to marry, whose sexual organs are weak, and power failing you, have no right to get married. Look at your children; why are there so many poor and

half-bred children born? Then do you wonder why, and who is the cause?

BOOTS, THE BEST FRENCH POLISH FOR.

Mix two pints of good vinegar ; and a pint of water. Stir into this $\frac{1}{4}$ pound of broken up glue ; $\frac{1}{2}$ pound of log-wood chips ; 2 drachms of powdered indigo ; 2 drachms of soft soap ; 2 drachms of isinglass. Put the mixture over the fire and let it boil 15 or 20 minutes, then strain and bottle it tight. When cold it is ready for use. This polish ought to be applied with a cloth or sponge.

BRIGHT'S DISEASE.

Take tincture chloride of iron 1 ounce ; acetic acid 1 drachm. Mix and add liquor of acetate of ammonia 10 ounces ; syrup of orange 6 ounces. Dose, take a teaspoonful three times a day in water.

BITTERS, ELEGANT FOR DYSPEPSIA.

.Take 2 ounces of gentian root bruised ; orange peel dried 1 ounce ; cardamon seed bruised $\frac{1}{2}$ ounce ; diluted alcohol 1 quart. Macerate for 14 days, and filter through a cloth. This makes an elegant bitters, much used in dyspepsia, and is a tonic for the digestive organs and the system. The dose is 1 to 2 teaspoonsful 3 times a day, a while after meals.

BLOOD, TO MAKE AND HOW TO PURIFY.

Take $\frac{1}{2}$ ounce sulphate of magnesia ; water 1 pint. Mix. Dose, 2 ounces 3 times a day, 1 hour after meals.

BURNS, TO CURE.

Take linseed oil ; the white of an egg, equal parts, batter with a spoon to a salve and grease the burnt part 4 or 5 times a day. Best to put on with a feather.

BREASTS, SORE IN A WOMAN WHEN CONFINED.

Take one teacup of ground flax seed ; one teacup of bread crumbs ; one teacup of sweet milk ; three fresh eggs ; one tablespoon of lard. Mix together and boil on a slow fire a short time. Take from the fire, add one teacup of good whiskey ; put it on a rag and apply it to the sore breast while yet warm ; can renew it three or four times a day if necessary.

BASSILICON OINTMENT FOR CHILBLAINS.

Rosin 5 ounces ; lard 8 ounces ; beeswax 2 ounces ; Melt together, then strain, and stir until cold. This is a stimulent for blisters, ulcers, burns, scalds, and chilblains. To heal wounds, add one ounce of sweet oil.

BOTTS IN HORSES, TO CURE.

Put 2 ounces of saleratus in a pint of brandy. Mix well in a bottle. This simple remedy will generally relieve a sick horse in 20 minutes.

BALSAM OF LIFE ESSENCE.

Aloes 1 pound ; saffron 1 ounce ; agaric 2 ounces, zedory 2 ounces ; yellow gentian root 2 ounces, theriaca 4 ounces. Put all in 8 pounds of proof spirits for 24 hours, then add white sugar 2 pounds. Keep in a warm place for

24 hours. Used to drive the urine, and for gravel and stone. Dose, one tablespoonful 2 to 3 times a day, taken before meal time. It will physic if taken too freely.

BREAST, FOR A PAIN IN.

Take 2 drachms salammoniac; $\frac{1}{2}$ pint vinegar; $\frac{1}{2}$ pint whiskey; $\frac{1}{2}$ pint water; mix well. To be applied with a warm rag. This is a good remedy for pains in the breast.

BOUND OR TIGHT CHEST.

Take tincture of tar 2 ounces; carbonate of magnesia 1 ounce; a little water; sugar 1 pound. Rub the tincture with the carbonate and gradually add $\frac{3}{4}$ pint of water, then filter. Put water in it till it measures three gills, then add the sugar. Dissolve the whole with a gentle heat. Can take 1 tablespoonful a while after meals, 3 times a day, or more.

BALSAM OF HONEY FOR A COUGH.

Balsam of tulu 1 ounce; gum storax 1 drachm; purified opium 16 grains; honey 4 ounces; rectified spirits of wine 1 pint. Digest for a week and strain. Use for colds and coughs. Dose, 1 to 2 teaspoons, 3 or 4 times a day.

BLACKBERRY CORDIAL FOR DIARRHOEA OR FLUX.

To 2 quarts of ripe blackberries add the following articles: one pound loaf sugar; nutmeg $\frac{1}{2}$ ounce; cinnamon $\frac{1}{2}$ ounce; cloves $\frac{1}{2}$ ounce; allspice $\frac{1}{2}$ ounce. Boil all together for fifteen minutes. When cold, strain and add 1 pint of fourth-proof brandy. Dose, from a teaspoonful

to a tablespoonful, more or less according to the age of the patient, every half hour until relieved.

BOWEL COMPLAINTS, A SURE CURE FOR.

Take $\frac{1}{2}$ ounce bruised turkey rhubarb and $\frac{1}{2}$ ounce of saleratus ; steep or simmer slowly for fifteen minutes in 1 pint of water, strain and add one teacup of white sugar, and heat again to dissolve, then add sixty drops of oil of peppermint in an ounce of alcohol. Mix all together. Dose, a teaspoon to a tablespoonful every hour until relieved. It is an excellent remedy for diarrhoea, dysintery and is especially adapted to the bowel complaints of young children.

BLEEDING FROM THE LUNGS, TO CURE.

Take bugleweed and make a strong tea of the leaves. This is one of the best remedies known for bleeding at the lungs. One pint a day should be drank cold for several days, to prevent a return of the bleeding. It is a very good addition to use portions of beth root and juniper berries with the bugleweed. The above can be used alone. A teaspoon of salt is good to stop bleeding from the lungs.

BLISTERING PLASTER, TO MAKE.

Spanish flies, in powder, $\frac{1}{2}$ a pound ; beeswax 4 ounces ; rosin 4 ounces ; lard 4 ounces. Melt wax, rosin and lard all together and then add the flies, stir constantly until cool. This is the common blistering plaster sold in shops. It can readily be spread on cloth without the aid of heat ; can be put on cloth, leather or oil cloth.

BUCKWHEAT CAKES, TO MAKE.

Mix your flour with cold water, put in a cup of yeast and a little salt. Set in a warm place over night and if it should be sour in the morning put in a little saleratus. Fry the same as flapjacks. Leave enough to rise for the next mess.

BREAD, GENERAL REMARKS ON.

In order to secure good bread, it is the best economy to purchase the best flour, even at greater cost. Newly ground flour which has never been packed is much superior to barrelled flour. Indian meal, also, is much the best when freshly ground; ground rice is the best if packed over, and then washed, and prepared like the wheat; rye flour is very apt to be musty or grown. No one thing is of more importance in making bread than thoroughly kneading it. When bread is taken out of the oven, never set it flat on a table as it sweats the bottom and acquires a bad taste from the table; always take it out of the tins and set it up endways leaning against something. If it has a thick hard crust, wrap in a cloth wrung out of cold water. Bread made of wheat flour, when taken out of the oven, is unprepared for the stomach; it should go through a change, or ripen before being eaten. Bread will always taste of the air that surrounds it while ripening, hence it should ripen when the air is pure. It should be light, well baked and ripened before it is eaten. In summer bread should be mixed with cold water, in damp weather

the water should be tepid, and in cold weather quite warm. Any lady can learn to make good bread out of good flour, if not too careless to do so.

BAKING YEAST TO MAKE.

Good yeast is essential in making bread. It can either be made out of potatoes or hops. Boil potatoes soft, peel and mash them, add as much water as will reduce to the consistency of common yeast. While the potatoes are warm put in half a teacup of molasses and two tablespoonsful of yeast. Let it stand near the fire until done fermenting when it will be fit for use. Boil a handful of hops in 2 quarts of water. Strain, and pour the liquid hot upon half a teacupful of wheat flour; when about milk warm, add one teacupful of yeast. Let it ferment, when it will be ready for use and may be bottled.

BEES, HOW TO SMOKE.

The effect of smoke on bees is wonderful. In a few moments they are rendered stupid and harmless; to do it effectually many suppose that tobacco must be used. A much better way is to make a roll of old cotton rags an inch thick; light it at one end of the roll and blow the smoke into the hive, or otherwise; place it so as to reach the bees, whether inside or outside the hive.

BREAKFAST CAKE.

Take rice, boiled soft, twice as much flour as rice; a little corn meal and a little yeast. Mix with cold water

and let it rise over night. This will make a very fine biscuit for breakfast.

BEATS OF THE PULSE.

In health the average number of beats to a minute in the adult male, is about 70, in the adult female is about 75; infancy 100 to 120, childhood 90 to 100, in youth 75 to 90, in extreme old age 80 to 85. When standing the pulse is from 5 to 10 beats faster than when sitting, and from 5 to 10 beats faster in sitting than in lying. The heart beats more rapidly after violent exercise, from the fact that hundreds of muscles have violently contracted, forcing the blood forward through them, as if through the bulb of a syringe, when squeezing it. Quick and intermittent pulse indicates extreme prostration, and is called feeble or thread like and usually occurs previous to death.

BLACK VARNISH FOR COAL BUCKETS.

Asphaltum 1 pound; lamp black 3 ounces; rosin $\frac{1}{2}$ a pound; spirits of turpentine 1 quart. Dissolve the asphaltum and rosin in the turpentine, then rub or mix the lamp black with linseed oil, only sufficient to form a paste then mix with the other articles. Apply with a brush.

BOTTS AND COLIC IN HORSES.

Take two ounces treacle; one pint whiskey; $\frac{1}{4}$ pound sweet oil; one teaspoonful of gun-powder. Mix, and give all the above in a dose. In a drench do not give the horse over two quarts of water at the time. Can repeat the dose in an hour if necessary.

BUTTER MAKING, HOW TO.

Let the cream rise until the milk becomes sour or firm. The butter will be nice and yellow. If a part of the cream is taken off while the milk is sweet, and churned with the sour cream, then look for white streaks in your butter. A mouldy or musty cellar is sure death to milk and cream, although it is hard to get some women to believe such to be the fact.

BLACK SPOT, TO MAKE ON A WHITE HORSE.

Take unslacked lime powdered fine $\frac{1}{2}$ pound; litharge 4 ounces. Beat and mix well together; put into a vessel or jar, and put strong ley over it, then boil and skim off that which rises on the surface. Apply this to such parts of the animal as you wish to dye black; will do well on white fur hides.

CHRONIC RHEUMATISM AND GOUT, TO CURE.

Take of guaiacaresina, in powder, 4 ounces; alcohol 1 pint. Macerate for 14 days and strain. This tincture is given in chronic rheumatism and gout, in doses of from 1 to 3 fluid drachms, 3 or 4 times a day. It is best to be taken in sweet water or milk.

CHOLERA, DIARRHOEA AND VOMITING.

Take cloves, cinnamon, gum guaiacum, of each in powder 1 ounce; good brandy 1 quart. Mix; give 1 teaspoon in hot sweetened water, if desired every half hour until the diarrhoea is arrested. In seasons of cholera every

family ought to have this article in the house. Let it stand awhile before using.

CORNS AND WARTS, TO CURE.

Take of nitric acid, muriatic acid, oil of rosemary and chloroform, each 2 drachms ; alcohol 1 ounce. Mix and shake. Bathe the corn or wart with warm water, then dry it and touch the corn with this mixture. In a minute or two a portion of the corn can be removed with a common pen knife, without cutting ; then apply more of the mixture, and continue doing so until it is all removed. Put a healing salve on, or strong vinegar.

CEMENT TO PATCH CISTERNS.

Take ashes 2 parts ; clay 3 parts ; sand 1 part, and mix with a sufficient quantity of linseed oil ; cover well the broken parts with this cement.

COLIC, BILIOUS, TO CURE.

White walnut bark, elder bark, dog-wood bark, of each a handful. Boil them in one gallon of water down to one quart. Strain, and add half a tablespoonful of saltpetre. Dose, a teaspoonful or 2, 3 or 4 times a day. This has given relief and also broken up the disposition to bilious colic where everything else has failed.

CHOLERA, IN HOGS, TO CURE.

Take sulphur 2 pounds ; madder 2 pounds ; black ammonia $\frac{1}{2}$ pound ; saltpetre 1 pound. Mix well and give a tablespoonful twice a day in milk, or anything else that

the hog will eat. If the hog is too far gone to eat then drench with the mixture in milk. European cure.

CONSUMPTION IN THE STOMACH TO CURE.

Take $\frac{1}{2}$ pint vinegar ; $\frac{1}{2}$ pint molases ; $\frac{1}{2}$ pint brandy ; 2 ounces brimstone ; 2 ounces rock candy ; $\frac{1}{4}$ ounce saltpetre. Pulverize the candy and saltpetre, then put all in a bottle and let macerate or soak in the sun for a few days. Dose, 2 ounces morning and night, 1 ounce before dinner.

COUGH ON THE STOMACH OR LUNGS.

One pint of grated horseradish ; 1 pint whiskey ; 1 nutmeg ; one tablespoonful of cinnamon ; one tablespoonful of black pepper. Dose, one teaspoonful, morning and evening.

CHOLERA AND LIVER COMPLAINTS.

One and a half ounces of sassafras bark : 2 ounces of sarsaparilla root ; 1 ounce angelic root, 1 ounce white agaric ; $1\frac{1}{2}$ ounce galls ; $1\frac{1}{2}$ ounce senna leaves ; 1 ounce aloes socotrine ; six cents worth of English saffron. Put all in 1 gallon of old rye whisky ; let get warm on the stove for one whole day, to macerate. Dose, two ounces several times a day for cholera ; for liver complaints, mix it with half whiskey and take 2 teaspoonsful 3 or 4 times a day.

COUGH SYRUP FOR THE LUNGS.

Take 1 teacup of tar ; loaf sugar, 2 pounds ; water, 1 quart ; put all in a tin can ; when sugar is melted, boil for two hours ; then let it get cold and pour the liquid off

without shaking the can ; put in a bottle. Use in tea-spoonful doses, particularly when cough is troublesome.

CORROSIVE LINIMENT.

Turpentine, 1 pint ; corrosive sublimate, 1 ounce ; gum camphor, 1 ounce ; mix, shake well, and let stand for 24 hours, then add the sublimate. Must be made as fine as flour. This is a poison liniment, used for running sores, and all kinds of sores, proud flesh, and all diseases and complaints of horses ; and for tetter and ring worm, scald heat ; use with caution. Shake the bottle before using.

CORNS AND WARTS, TO TAKE OUT.

Nitric acid, 2 drachms ; muriatic acid, 1 drachm ; blue vitriol, 2 drachms ; pulverize, put the three articles in a vial, and add an ounce of molasses, and an ounce of rain water, also half an ounce of pearlash ; add the ash slowly. After done foaming, cork the bottle for use. Pare the corn or wart to the quick, then put on of the fluid a few times a day.

CURRENT WORMS, TO KILL.

Take 1 pound of copperas to 6 gallons of water ; let melt, then sprinkle on the stalks with a watering can. If too strong it will kill the leaves.

COUGHS, COLDS AND CONSUMPTION.

Half pound elecampane root ; $\frac{1}{2}$ pound spikenard root ; $\frac{1}{2}$ pound comfrey root ; $\frac{1}{2}$ pound blood root ; $\frac{1}{2}$ pound horehound leaves ; put all together in 1 gallon of water, and

boil down to 2 quarts ; then strain, and add $1\frac{1}{2}$ pounds of white sugar, and boil again until reduced to $1\frac{1}{2}$ pints ; for adults, 1 tablespoonful 3 times a day ; doubled dose at night. For children, 1 teaspoonful after meals.

CELEBRATED EYE WATER, TO MAKE.

Take 1 ounce sulphate of iron ; $\frac{1}{2}$ ounce sulphate of zinc ; 1 pint rain water ; stir so as to melt, then filter or strain through several thickness of cloth, in order to purify, and free from the adulteration and coloring matter of the copperas. Wash the eyes 2 or 3 times a day.

COLDS, CHILLS AND ERYSIPELAS.

Take of litharge, white lead, red bole, equal parts. Put linseed oil with it so as to make a salve. Apply to the sores twice a day.

CHILDREN'S SORE MOUTH REMEDY.

Borax 1 drachm ; honey 1 drachm ; myrrh 2 drachms ; water 8 ounces ; mix, wash and rinse the mouth 3 or 4 times a day.

CERTAIN CURE FOR THE DROPSY.

Take 2 handsfull of parsley root and one of the tops thereof ; 1 handsfull grated horseradish ; 2 tablespoons of ground mustard ; $\frac{1}{2}$ ounce squills ; an ounce of juniper berries ; 1 gallon of hard cider ; mix all and macerate for 24 hours in a warm place, or in the sun's heat. Dose, half a gill 3 times a day, before or after meals.

CATARRH REMEDY.

Take Scotch snuff, 1 ounce ; chloride of lime, dried and pulverized, 1 teaspoonful ; mix and bottle tight. Use like snuff during the day.

COUGH, IN A HEATING FEVER.

Take of stick licorice 2 drachms ; salamoniac 2 drachms ; tartar emetic 2 grains ; warm water 4 ounces. Dose, 1 tablespoonful every 3 hours.

CLEANSING AND HEALING WOUNDS AND ULCERS.

Take of yellow bees wax 2 ounces ; white rosin 2 ounces ; frankincense 2 ounces ; melt all of this over a low fire, then add of hog's lard prepared 1 pound. Strain the ointment while warm. Use the same as other salves are generally used.

CAUSES OF THE DECAYING OF TEETH.

The enamel covering the crowns of the teeth being dense and like glass, is very easily injured by contact with hot substances. No person of ordinary intelligence would ever think of pouring hot water into a glass vessel, for fear of breaking it ; and yet how many do sip boiling hot tea or coffee ; in fact almost all of our food must be red hot or boiling hot to suit our taste. We know that all teeth will be cracked, broken and destroyed if the skull is put into boiling water with the rest of the skeleton to clean them. As long as the ox and the cow feed upon the blades of grass upon the hillside and drink pure water from

the silver brook, their teeth will remain sound and perfect, but when they feed on hot slops from the distillery, they soon decay. The teeth are easily injured by contact with acids, such as vinegar, pickles and also by contact with alkalies, such as soda, potash, etc. Indeed it is only in America that we can find hundreds of amiable and beautiful young ladies, not yet sweet sixteen, without a single natural tooth in the mouth, while the sign of the dentist multiplies in every direction.

CLAP OR BURN, TO CURE.

A tingling sensation at the end of the penis, which will swell, and looks red, and is inflamed ; then a scalding pain in making water. We find two kinds of this affection—mild and virulent. We find the virulent to be the worst to cure. Put 5 cents worth of lunar caustic in a 2 ounce vial of rain water ; let it dissolve ; shake the bottle when using. Wash the penis 2 or 3 times a day, for 3 or 4 days.

CURE FOR DIABETES.

Take a strong decoction of whortleberry leaves, 2 ounces ; water 1 quart. Boil a while, take 1 pint every other day in the morning ; continue until a cure follows.

CURE FOR SMALLPOX.

May be cured in 3 to 4 days by using cream of tartar. Dissolve 6 drachms of cream of tartar in 1 pint of water by heat. When cold drink of this occasionally. This is an unfailing cure, and will not leave a mark or scar.

CHOCOLATE CAKE, TO MAKE.

One-half cup butter ; 2 cups of white sugar ; $1\frac{1}{2}$ cups of sweet milk ; white of 5 eggs ; 4 cups of flour ; 3 teaspoons of baking powder. Frosting, white of 2 eggs ; $2\frac{1}{2}$ cups of pulverized sugar ; $\frac{1}{4}$ cake of chocolate.

CURE FOR TETTER AND RINGWORM.

Take of blood root, bruised, 2 ounces ; add 1 pint of good vinegar. Let macerate for a week ; by taking 1 ounce of the above tincture to 1 ounce of tincture of lobelia ; and of tincture of stramonium seeds 1 ounce ; oil of cedar 1 ounce. Mix well, and you will have an infallible application for tetter and ring worm ; apply a few times a day.

COLE'S DIURETIC DROPS.

Take sweet spirits of nitre 2 ounces ; balsam of copabia 1 ounce ; oil of almonds 2 ounces ; spirits of turpentine 1 ounce ; mix well and add one scruple of camphor. Dose, one small teaspoonful 3 to 4 times a day. Good for scalding of urine, and kidney diseases and self abuse.

CHILDREN, OVER FEEDING THEM.

How often do ignorant mothers over feed their little children to make them grow fast, until they become so fat that they can hardly see out of their eyes. If a child is fed in this way it is liable to become like a fat ox and is a burden to itself. Mothers would say "what a healthy child !" Such children will hardly ever live to attain the age of manhood ; by far the larger number will sicken and

die of inflammatory disease of the digestive organs. It is to be found among this class of fat, healthy children those that die of cholera infantum and affections followed by effusion of water on the brain. At the same time when the poor child sickens or cries out under this stuffing process, the poor ignorant mother thinks it cries because it is hungry and stuffs it the more ; and, when its poor little stomach becomes so full that it runs over, the mother scoops it up with a spoon and crams it down again. The natural holding of a child's stomach is about as large as an egg. The size of a child's stomach at birth is such that it will not contain more than one or two tablespoonsful at a time. Great care ought to be taken concerning children in their infantile state or else trouble will prevail.

CURE FOR RINGWORM AND TETTER.

Take 1 pound of fresh butter ; white precipitate 1 ounce ; spirits of turpentine $\frac{1}{2}$ ounce. Mix all to a salve and smear the sore several times a day.

CANCER, A CURE FOR.

Take bean leaves, and blossoms of bean stalks, gather them in the morning when the dew is on. Bruise them and press out the juice ; to 1 pound of juice put 1 pound of honey and cream one pint. Put in a crock or vessel and simmer down to a salve. Put this salve on the cancer 3 times a day.

CROUP, REMEDY FOR.

This distressing disease may be relieved by applying

to the throat a mixture of equal parts of champhor, spirits of wine and hartshorn. Shake well together before using. To be used externally.

CORNS, TO CURE.

Boil a potato with its skin on, then take the skin off and put the inside of the skin on the corn. Leave it on for about ten hours and the corn will be nearly cured; if the first will not cure try it again.

CAKE FROSTING, TO MAKE

White of 8 eggs ; 2 pounds loaf sugar ; $\frac{1}{2}$ an ounce of white starch ; $\frac{1}{2}$ an ounce gum arabic. Beaten till it looks white and thick. Dry it in a cool oven.

COWS' SORE TEATS, FOR.

May be healed by rubbing with goose oil, cream, new milk, or as for caked bag. The bag and teats should be well cleansed with warm, soft water, and followed by the following application: 1 ounce of bees wax and 3 ounces of lard. Melt together, and when cooling rub in $\frac{1}{4}$ ounce of sugar of lead and one drachm of alum, finely powdered. Put on the sores freely when necessary.

COLIC, A GOOD REMEDY FOR.

Take 8, 10 or 12 drops of sulphuric balsam in a gill glass of wine, 2 or 3 times a day. Can be taken on sugar, if more convenient.

COUGH REMEDY AND CURE.

Take one quart of good home made molasses, put in a lump of alum the size of a hen's egg ; simmer on a slow fire in a pot until the alum is dead, and when cold take a tablespoonful as often as you feel the cough coming on, and relief will soon follow.

CURE FOR CONSUMPTION.

Elecampane root, ground fine, 1 pint ; Indian turnip 1 pint, made fine ; honey 1 pint ; vinegar 1 pint. Put all in a crock and cover the crock tight with a good strong paper. Put over it a layer of dough ; pinch it shut all around, and when you are ready to put your bread dough in the oven then put the crock in with the bread. If the dough should burst open take the crock out of the oven and put a new dough over the crock, then put it in the oven again. Leave in the oven until you take the bread out. Take one tablespoonful three times a day before meals.

COLIC OR HYSTERICS OF THE MOTHER.

Take oil succindim 1 drachm ; sal volatile 1 drachm. Mix ; dose, 4 grains 2 times a day, as the case may be, particularly in hysteria and colic.

CHILDREN'S AND BABIES' SORE MOUTH.

Make a strong tea or decoction of white oak bark, strain it, then take one teacupful of the tea and add 10 drops of the tincture of myrrh, and wash the mouth and gums 2 or 3 times a day.

CARMINATIVE POWDER.

Take coriander seed $\frac{1}{2}$ ounce ; ginger 1 drachm ; nutmeg $\frac{1}{2}$ drachm ; fine sugar $1\frac{1}{2}$ drachms. Pulverize all to a powder, and divide into 12 powders, one is a dose. This is employed in expelling flatulence arising from indigestion, particularly those who are hysterical and persons so troubled. May likewise be given in small doses to children in their food when troubled with griping pains. Can be taken 3 times a day.

CURE FOR A SORE MOUTH.

Take $\frac{1}{2}$ a handful of sage leaves, put in a pint of water, made hot ; simmer awhile then strain through a cloth and add a teaspoonful of powdered alum, and one teaspoon of borax. Shake well and wash or rinse the mouth 2 or 3 times a day.

CURE FOR ERUPTIONS ON THE FACE.

Dissolve an ounce of borax in a quart of water, and apply with a fine sponge every evening before going to bed. This will smooth the skin when the eruption does not proceed from an insect working under the skin or cuticle ; if such be the case take flower of sulphur and rub it on the face after washing in the morning ; rub the face well with the hands, then wipe dry with a towel.

CHOLERA REMEDY, AND TO PREVENT CHOLERA.

Take 1 tablespoonful of black ground pepper ; 1 tablespoon of salt ; 4 tablespoons of vinegar. Put all in

a tumbler and fill up with hot water ; take 1 spoonful every half hour, or sooner if no relief comes, until relief is obtained.

CHOLERA, EXTRACT OF LOGWOOD FOR.

Logwood chips 1 pound ; boiling water 1 gallon. Mix well and let stand for 24 hours, then boil to 4 pints and strain. Is a mild astringent to cure dysentery and cholera infantum. A teaspoonful can be taken every 15 or 20 minutes if no relief comes sooner.

CASCARILLA AND ITS USE.

This bark is taken from a tree; it is a pure bitter and tonic ; excellent in chronic diseases of the stomach and bowels and typhus fever. The dose is, in powder, from 10 to 25 grains every 4 or 6 hours.

CHAFING OF THE SKIN.

If the skin becomes chafed and inflamed from friction or other causes, wash the parts clean, and apply tannin 2 drachms ; glycerine one ounce. Mix and apply with a soft brush or cloth once or twice a day.

CHOLERA, A NEVER-FAILING REMEDY FOR.

Take pulverized gum guaiacum, ground cloves, ground cinnamon, $\frac{1}{2}$ ounce of each ; best brandy 1 quart. Dose, from a teaspoonful to a tablespoonful every half hour until arrested. Is good for bowel pains and all kinds of inward pains.

CORDIAL FOR SUMMER COMPLAINTS.

Take cloves, allspice, cinnamon, $\frac{1}{2}$ ounce of each ; white oak bark 1 ounce. Bruise all and boil in 1 quart of water, down to half a pint ; then strain, add 4 ounces of white sugar, first melted, then add half as much good brandy as there is of the liquid. Dose, one, two or three teaspoonsful 3 to 6 times a day, or oftener, according to age and urgency of symptoms. Is an infallible cure for children in cases of cholera infantum, or summer complaints of all kinds.

CHRONIC RHEUMATISM, TO CURE.

Take gum guaiac 1 ounce ; poke root 1 ounce ; black-cohosh root 1 ounce ; rye whiskey 1 quart. Mix and let macerate for 10 days. This is a good article for rheumatism or chronic rheumatic trouble of the system. Dose, 2 ounces 2 times a day. It will increase the urine. It is particularly for rheumatism, and worth trying.

COLIC, A DIRECT CURE FOR.

When colic arises from flatulence, a teaspoon of spirits of turpentine, taken with a teaspoon of castor oil, will immediately relieve the sufferer. Can repeat in an hour's time if necessary.

COLDS, AND COUGH OR HOARSENESS.

Take a large teaspoonful of flaxseed, 5 cents worth of extract of licorice, and $\frac{1}{4}$ pound of raisins. Put these articles in 2 quarts of soft or rain water, and let simmer

over a slow fire until reduced to 1 quart ; add $\frac{1}{4}$ pound of sugar, then add to the 1 quart of syrup, 1 tablespoonful of vinegar. Drink a half pint or a teacup full on going to bed, and take a little when the cough is troublesome.

COUGH SYRUP, AN EXCELLENT ONE.

Take 1 pint of vinegar ; 1 teacup full of honey ; 1 teacup full of molasses and a small handful of horehound leaves, bruised. Mix together, simmer over the fire for 15 or 20 minutes, then strain and squeeze out ; then add 1 ounce of wine of epicac, and 1 ounce of tincture of lobelia. Dose 1 teaspoonful or 2 as often as is required.

COUGH, A FAVORITE REMEDY.

Take acetic tincture, tincture of lobelia, tincture of black cohosh, and syrup of squills, of each 1 ounce. Mix well. Dose one teaspoonful several times a day or according to symptoms.

COMPOUND SPICE BITTERS, TO MAKE.

Take poplar bark 4 ounces ; bayberry bark or root 4 ounces ; golden seal root 4 ounces ; columbo root 2 ounces ; Indian hemp 2 ounces ; cloves 1 ounce ; race ginger 1 ounce ; cayenne pepper $\frac{1}{2}$ ounce ; all to be finely powdered and then mix, to which add as much finely powdered loaf sugar as the whole of the other ; and pass the whole through a sieve. Dose, a teaspoonful in a little warm or cold water, or in wine or anything else prepared. This is an excellent bitters for a weak stomach, dyspepsia, loss of

appetite, and general debility, and wherever a tonic and restorative bitters is needed. It is very convenient and pleasant to take. Can take a teaspoonful 2 to 3 times a day, for 10 days.

COWS TO CALVE AFTER NIGHT OR IN DAY TIME, IF DESIRED.

Milk a cow that is with calf the last time in the evening, and she will calve after night. Milk her in the morning for the last time, and she will calve in the day time. By letting the cow stand dry, aunty, try this for experience.

COLLARS, IF NEW, HOW TO FIT ON A HORSE.

It is very important to have collars to fit nicely and snugly to the shoulders of the horse. It enables him to work with a great deal more ease, and to apply a great deal more strength. It prevents galling and wounding, as the friction is avoided. The collar should be purchased of the proper size; just before putting it on the first time immerse it in water, letting it remain about a minute, and immediately putting it on the horse, being careful to have the harness so adjusted to the top and bottom as to fit the shoulder, and then put the horse to work. The collar being wet will adapt itself to the shoulder, and should dry on the horse. When taken off it should be left in the same shape it occupied on the horse, and ever after that you will have a snug fitting collar, and no sore shoulders. Please try this remedy.

COFFEE CAKES, TO MAKE.

Take rice that has been boiled soft ; twice as much flour as of rice ; a little corn meal and a little yeast. Mix it with cold water and let rise over night. This will make a very fine biscuit for an early breakfast.

CORNS ON TOES, TO REMEDY.

Roll a lemon until it is soft, cut a slice, bind it on the corn on retiring at night. Several applications may be necessary ; when the corn becomes white, pull it off with the finger nails ; never use a knife. Raw cotton saturated with turpentine may be used the same way, by trying to be regular.

CURRENT STALKS, TO RAISE AND NOT TO SPROUT.

Take the whole stalk up and pull them all apart, so as to have each stalk by itself. Take a stalk with roots on, then take a piece of old fat speck, pork or bacon, and rub the stalks well from the roots up for about eight inches. Do not put the stalk over four inches in the ground. The stalks will never run sprouts if well done, and will grow to a nice little tree.

CROUP, CERTAIN CURE FOR.

Take goose oil and urine, equal parts. Dose, 1 teaspoonful every half hour until relief ; this is a certain cure if taken any ways in time.

CHILDREN, GOOD INSTRUCTIONS FOR.

Our children are what we make them, physically,

mentally and morally. If they are loving, courteous, kind, we make them so. If they are cruel, crabbed and selfish, it is our own work. Parents who live lovingly together are more likely to beget kind dispositions in their children. If parents have consumption or insanity, children will inherit it. "As ye sow, so shall ye reap;" and this is ever true. If parents are snappish, cross and inconsistent, children will imitate their defects, and acquire their inconsistencies. The marvelous faculty of the child in comprehending the thought of the parent, his actions, and interests, should admonish all parents to first control themselves. Even children despise hypocrites, and detest them quicker at home than elsewhere. An obedient, generous child is the result of example, not of theories taught. Example is the most powerful of all teachings in the world. Nearly every bad habit a child acquires is by example. The child who is constantly nagged, or tortured, or jeered at, looks at the world through eyes of hatred, suspicion or contempt, and all the sweetness of its childish heart is broken. Never say, "please, George, don't," and then let George do as he pleases. He is the master over us, any how.

COUGH SYRUP, A SPECIFIC.

For croup or very hoarse cough of adults or older children : compound syrup of squills 6 drachms ; syrup of epicac 3 drachms ; solution of morphine 3 drachms. Mix one teaspoonful every half hour to 2 or 3 hours apart as needed.

COLIC, IN CHILDREN AND BABIES.

Take soda 1 drachm, dissolved in an ounce of water ; paregoric 2 drachms ; essence of peppermint $\frac{1}{2}$ drachm. Mix ; dose, a teaspoonful every half hour.

CEMENT, SPANISH, TO MAKE.

Mix glycerine with fine and well dried litharge. This will make a cement that is capable of a large number of applications. All metal and nearly all solid bodies can be bound together with this cement. It will harden under water. This cement can be used in steam engines, pumps or in any way whatever. Do not put too much glycerine to the litharge, as it will not get solid.

CONDITION POWDER, THE CHAMPION.

Ground ginger, sulphurate of antimony, flower of sulphur, saltpeter, of each one pound. Mix all together. Dose, 1 tablespoonful once a day, given with other food for 8 or 10 days, if necessary. This is a valuable condition powder.

CONDITION POWDER, TO MAKE.

Rosin 5 ounces ; saltpeter, black antimony, sulphur, saleratus and ginger, of each 1 ounce ; copperas 10 drachms, all to be pulverized and mixed. Dose, 1 tablespoonful once a day for 3 days, then skip 2 or 3 days and give again, and so on until you have given nine times. This powder should be given in the spring, and in the fall or at any time when the horse is not doing well.

CRANBERRIES, HOW TO COOK.

Wash 1 quart of cranberries, and put them in a covered saucepan with one pint of water. Let them simmer until each berry bursts open, then remove the cover and add 1 pound of sugar. Let them all boil for twenty minutes without the cover on. The berries must never be stirred from the time they are placed on the fire. Follow this recipe exactly and you will have a most delicious preparation of cranberries.

CORNS, A POSITIVE CURE FOR.

Take the strongest acetic acid, to be applied night and in the morning on the corns. In one week's time the corn will be gone. Good for hard or soft corns.

COUGH SYRUP, FRENCH.

Take syrup of squills 2 ounces ; tartarized antimony 8 grains ; sulphate of morphine 5 grains ; pulverized gum arabic 2 drachms ; honey 1 ounce ; water 1 ounce. Mix; Dose, for an adult, 1 small teaspoonful ; repeat in half an hour if no relief. Children in proportion to age.

CHILDREN OR BABIES, HOW TO CARRY IN THE ARMS.

Care should be taken so as to not carry a baby habitually on the same arm or side, as this tends to form or make them one sided. This is a condition that may frequently be observed in various children of a mother who can only nurse from one breast, not only the bodies but the heads and faces of a whole family can sometimes be drawn over

to one side. The only way to avoid this is to change the position frequently. This will be a difficult thing for a mother to do, but this is something that a good will, and good attention can accomplish, to handle and carry children or infants on one arm or side, then change to the other arm, so as not to have the child in the same position all the time, is worth taking notice of.

CHAPPED HANDS, REMEDY, AND SORE LIPS.

Take $\frac{1}{4}$ pound honey ; $\frac{1}{4}$ pound sal soda ; 2 drachms of pulverized golden seal root, with a pint of water. Let soak a few days ; apply often to the hands, and sore lips.

CHOLIC, IN HORSES.

Take spirits of turpentine 3 ounces ; tincture of opium 1 ounce ; mix with a half pint warm water, in a bottle. Give the whole on a dose, and if no relief comes within an hour, repeat the dose, by adding $\frac{1}{2}$ an ounce of aloes, well dissolved ; it is a certain cure.

CATAMENIA, OR MENSES, FROM PUBERTY TO TURN OF LIFE.

There will be a regular recurring discharge from the womb of every healthy woman, known as the menses. At whatever time in life this may make its appearance for the first time, a woman is then said to have arrived at puberty. There are, however, numerous cases in which it appeared much earlier—in some at the age of nine years, while in others it has appeared at the third and fourth year, although these children grew up into healthy women.

Several cases are given in which it appeared in the infant, from the time of birth. It has also been observed that those in whom it commences early arrive at the turn of life at a much earlier age; early ripe, early old. The young girl should be permitted to grow naturally into a young woman, so that when the time approaches for the first appearance of the menstrual discharge. When the menstrual discharge is once fully established, its recurrence will be regular every 27 to 30 days, being suspended only, when the person is in health, during the period of pregnancy, and also during the time the mother is nursing the child. This regularity has considerable to do with female health, and when it is interrupted in consequence of disease, should receive immediate attention and be speedily corrected. But occasional irregularities are not always the result of disease, but frequently produce unnecessary alarm. In some women this irregularity is constitutional, or natural, and when this is the case the efforts to correct the supposed evil are always calculated to prove injurious and never do any good. Discharges from the vagina may also occur from weakness or other causes, and when this takes place it is often mistaken for the menstrual discharge. They are apt to lead to deception in estimating the time of the menses. Strange and peculiar properties were ascribed to the menstrual fluid, equal to the most virulent poison. It was once credited with the influence of blighting grain, and preventing seeds from growing, causing fruits to fall

from the trees by touching them with the hand, destroying insects and producing madness in dogs besides a variety of other more dangerous powers, which charged the poor woman with doing harm by spreading contagious disease. The old Jewish law, and the various references made in the Bible, show the various opinions, during the time, driving women beyond the palaces, as seen in the decree of the council of Nice, even closing the doors of the so-called christian's church against them. These opinions are still entertained to some extent among the ignorant of every nation.

CHAPPED HANDS, CURE FOR.

Take common starch, grind or pulverize to a fine powder, put it in a clean box. Set the box on a handy shelf, and every time in washing hands do not wipe quite dry, but take this fine starch and rub the hands well all over. The effect will be magical, and yet most comfortable in the healing part.

DISTEMPER IN HORSES.

Take flower of sulphur 2 ounces; saltpetre 1 ounce. Mix well and give two tablespoonsful, 2 or 3 times a day, in oats or bran. Give until the symptoms are better, also put a lump of lard in each ear about the size of a teacup. This is said to be a prominent cure.

DYSENTERY CORDIAL.

Mix together 4 teaspoonsful of laudanum; 2 teaspoonsful of tincture of rhubarb; tincture of catechu 2 teaspoons-

ful ; tincture of camphor 2 teaspoonsful ; and 20 drops oil of aniseseed. Dose, 15 to 20 drops, and if necessary more, every 30 to 60 minutes, until relieved.

DROPSY, TO CURE.

Take 2 tablespoonsful of each of the following articles: sassafras, bark of the roots ; stargrass root ; sulphur ; ginger ; button snake root ; sweet fennel seed. Then add 2 tablespoonsful of coal cinders. Put all of this in a pint of honey. Take a teaspoonful three times a day. Mix well ; to be taken a while after meals.

DIARRHOEA REMEDY.

Tincture of kino $\frac{1}{2}$ ounce ; epsom salts $\frac{1}{2}$ ounce ; prepared chalk $\frac{1}{2}$ ounce ; mix well in $\frac{1}{2}$ pint of water. Take a wineglass, or 2 ounces, 3 times a day, an hour before meal time.

DIARRHOEA, A REMEDY FOR.

One teaspoon of common salt ; 1 teaspoon of vinegar ; 1 tablespoon of water ; mix and drink. One dose will commonly give a cure. Can repeat the dose, it is harmless.

DYSENTERY SYRUP.

Take best turkey rhubarb 2 drachms ; leptendrin 2 drachms ; white sugar 1 pound ; hot water 1 pint ; mix well ; then add essence of peppermint 1 drachm ; essence of anise 1 drachm ; tincture of catechu 2 drachms ; mix all well. Dose, for dysentery, 1 teaspoonful every half hour.

DROPSY, A CURE FOR.

Take 3 garlic brungs out of the ground ; 1 handful of garden avens herbs ; 4 roots of sweet flag as long as a finger ; 10 cents worth of saffron. Put all in 1 quart of Holland gin. Let macerate for 8 days. Take 1 tablespoonful 3 times a day ; drink nothing during the day but coffee. Keep it up for a few weeks.

DIPHTHERIA, TO CURE.

Muriated tincture of iron 1 ounce ; chlorate of potash 4 drachms ; syrup of orange 1 pint ; mix. Take a teaspoonful every 2 or 3 hours for a child over 2 or 3 years old.

DYSPEPSIA MEDICINE.

Take of inner bark of yellow poplar 4 ounces ; mandrake root 1 ounce ; American sarsaparilla root 1 ounce ; spikenard root 2 ounces ; prickly ash bark $1\frac{1}{2}$ ounces ; blood root 1 ounce ; all to be cut fine and put in 3 quarts of water and boil down to 3 pints. Then strain and add $\frac{1}{4}$ pound of white sugar. When cold add $\frac{1}{2}$ pint of alcohol. Dose 1 or 2 tablespoonsful 3 times a day, before meal time.

DYSPEPSIA, AN INFALLIBLE CURE.

Take aloes $\frac{1}{2}$ ounce ; castor oil 2 drachms ; gentian root 4 drachms ; saffron 1 drachm ; rhubarb root 6 drachms ; acarus 2 drachms ; thesiac 2 drachms ; zedoariac 3 drachms ; pulverize all fine, then put in a bottle and pour over it 2 quarts of good old rye whiskey. Let it digest in

the sun 3 or 4 days. Dose, one tablespoonful 3 times a day before meal time.

DRESS, AN INFLUENCE ON THE LUNGS.

As it requires great ingenuity to tell or solve how to fit a long waisted dress on a short waisted body, of course there is no natural harmony between them; they are at war with each other, and war means force. In the first place, a long waisted dress, to fit a short waisted body must be lined with something that will not give away, such as brown Holland or linen, and then quilted full of whalebone or hickory splints, and when this long waisted dress is applied, these pieces of whalebone are designed to force down the stomach, the liver, and the large and small intestines out of their natural position, so as to lengthen the waist, when on goes the corset with all her strength, pulling at the strings, hooks and eyes; she eats pickles, drinks vinegar, until she gets so weak that she can faint at the sight of a spider. Although the fashionable young gentlemen will run after them. If all our young men would say, "large waists, or no wives," then the way the strings, hooks and eyes would fly would astonish a great many. And if ladies would only say, "no tobacco or no husbands" then farewell to the trade in tobacco.

DO PLEASE BE ON YOUR GUARD.

Look carefully at your expenditures. No matter what comes in, if more goes out, you will always be poor. The

art is not in making money, but in keeping it. It's little expenses, like mice in a barn ; when there are many, they make great waste ; hair by hair, heads get bald ; straw by straw, the pile will diminish ; and drop by drop, the rain comes down in the chamber. A barrel is soon empty if the top leaks but a drop a minute. When you mean to save begin with your mouth. Many thieves pass down the red lane. The ale jug is a great waste. In all other things keep within compass. Never stretch your legs farther than the blanket will reach or you will soon take cold. In clothes, choose suitable and lasting stuff, and not flounces or fineries ; to be warm is the main thing. Never mind looks ; a fool may make money, but it needs a wise man to spend it ; remember, it is easier to build two chimneys, than to keep one going ; if you will give all to back and board, there is nothing left for the savings bank. Work when you are young, and you will have a chance to rest when you are old. Money comes handy in rainy days. Ignorance of the law excuses no one. It is a fraud to conceal a fraud.

DYSPEPSIA BREAD, TO MAKE.

Three quarts unbolted wheat flour ; 1 quart of soft warm water, but not hot ; 1 gill fresh yeast ; 1 gill of molasses, or none as the taste may be. Put this in the oven at the exact time when it is risen enough. Saleratus will not be necessary.

DIARRHOEA, EUROPEAN CURE FOR.

Take calomel 5 grains ; gum opium 3 grains ; ipecacuanha 8 grains ; mix well and divide into 8 powders, 1 to be given every 3 hours for a day or so.

DYSENTERY AND FLUX REMEDY.

Take 1 pint of fourth proof brandy, put in it 1 ounce of ground bayberry root, and $\frac{1}{2}$ ounce of ground myrrh. Dose, take 1 tablespoonful every 2 hours.

DIABETES, KIDNEY AND GRAVEL COMPLAINTS.

Take uvaursi leaves 1 ounce ; water 20 ounces ; boil to 1 pint and strain. the dose is 1 to 2 ounces 3 or 4 times a day. Is very astringent and a tonic. Used particularly in urinary organs, for kidney diseases and for gravel ulcers in the kidney or bladder, and diabetes, or catarrh of the bladder. Dose, of the powdered leaves is 1 scruple to 1 drachm, 3 or 4 times a day. The tea or decoction is best to take, particularly in phthisic.

DEAFNESS, A CURE FOR.

Catch an eel from the creek, remove the skin and intestines, hang it up before the fire and let the oil drip in a pan. When done dripping, bottle for use. Put 3 or 4 drops in the ear 1 or 2 times a day. Said to be a perfect cure for deafness. Best to put the oil in a warm teaspoon to soften.

DYSPEPSIA LYE, A VALUABLE REMEDY.

Take hickory ashes 1 pint ; soot from the chimney 3 ounces ; boiling water 2 quarts ; pour the water on hot in a crock. Stir well and let stand over night. Then pour clear off and bottle. Dose, half a teacupful 3 times a day. If too strong weaken with water. Is a sure cure for dyspepsia.

DEATH ON VERMIN IN PLANTS, OR LICE ON CATTLE.

Put 1 gallon of boiling water on 1 pound of tobacco leaves. Let macerate for $\frac{1}{2}$ an hour, then strain and it is ready for use. This tea is certain death to vermin on plants or animals.

DURABLE WHITEWASH, TO MAKE.

Before putting the lime, which should be unslacked, into the water, saturate the water with a little salt. This will make a wash that cannot be rubbed off nor will it crack, and is very lasting.

DEAFNESS, TO CURE.

Obtain pure pickerel oil and drop 4 drops into the ear, morning and evening. Be sure to get oil that is perfectly pure and you will have a cure.

DIARRHOEA AND CRAMP IN THE STOMACH, GREAT CURE.

Spirits of camphor, tincture of opium, tincture of cayenne pepper, essence peppermint, of each 2 ounces ; tincture of rhubarb 1 ounce. Mix well ; dose, $\frac{1}{2}$ a teaspoonful for an adult, and 5 to 10 drops for a child ; repeat the dose every 15 minutes, if the patient is not

relieved. Bathe the bowels with strong vinegar. This is a valuable remedy.

DISEASED CONDITION OF MEN.

It seems seldom to be mistrusted that the husband is at fault in an unfruitful marriage, besides the evidence revealed by the childless. Widowers have been known to marry the second or third time, and still died without ever having become fathers, while one of their wives and possibly each of them, has been the mother of children by a former husband. I believe all medical works use the word barrenness only in speaking of women who are incapable of reproduction, but this same term may be properly applied in reference to a husband who is unable to impart to the wife a healthy germ. The husband may be, to all external appearances, in a perfectly healthy condition, he may be capable of enjoying the sexual act to its fullest extent, and still be incapable of becoming a father. A wife is not unfrequently blamed by the husband and friends for not becoming a mother, when she is not at all at fault. All that she requires to become a parent is the introduction of a healthy sperm into the vagina where it may come in contact with the mouth of the womb. The most common cause of barrenness on the part of the male is debility of his procreative organs, and especially the testicular glands, causing the production of nonvital semen.

DROPSY, PERSIAN REMEDY.

To 1 pint of bruised mustard seed add 2 handful of

bruised horseradish root; 8 ounces of lignum vitæ chips; 4 ounces of Indian hemp root. Put all the ingredients into 7 quarts of hard cider and let simmer over a slow fire until it is reduced to 4 quarts. Strain the decoction and take a wine glass or 2 ounces 4 times a day for a few days, then increase the dose to a small teacupful 3 times a day, then use a good tonic, verbatim.

ERYSIPELAS, CHILLS, AND SORE BREASTS OF WOMEN.

Take sweet oil $\frac{1}{2}$ a pound; bees wax 1 pound; sheep's tallow 1 pound; saturni extract 6 ounces. Melt the tallow and wax on a slow fire, put the oil in and boil a minute or so, then let cool off, not cold. Put the extract in and stir it well together; is a salve, and is to be used 3 or 4 times a day.

DEFORMITIES IN CHILDREN, WHY SO.

The advocates of the theory that the mental operations of the mother will produce physical effects in the child, go to the Biblical account of Jacob's experience and success with his streaked and striped cattle for an illustration. The marks on the cattle were produced by the marks on the sticks, either by the operation of a natural law, or a miracle. If by the former, Jacob cheated his father-in-law by laying his speckled sticks before the best cattle, which God would not have approved. And those who see no miracle in Jacob's stock breeding think that he bred one desirable quality with another, as breeders do in

these days. This is the first instance on record of a practice which may now be regarded as the foundation of stock breeding. Lycurgus acted on this belief in requiring the death of all ill-formed children. It may be that some such notion actuates unenlightened nations in destroying defective or diseased children, though the motive generally ascribed is the trouble and uselessness when reared. The kindness of King David to Mephiboosheth, the son of Jonathan, who, at the age of five years, was lamed in both feet by a fall; David took him to his own palace, gave him large possessions, and a place at his own table and treated him as a son. Not a few celebrated characters have been more or less deformed. Socrates was disfigured in the face; Esop was humpbacked; Alexander the great had a wry neck; Alexander Pope was crook backed; Lord Burleigh, Sir Walter Scott and Lord Byron were deformed in their feet or legs, and were lame. So was the celebrated American orator, Sargeant Prentiss. It has been ascertained that the number of deformities is at least one in about three thousand births. To enhance some point of personal attraction—staining the eyebrows and eyelashes, painting the faces, cutting and dressing the hair in fanciful forms, stooping in walking, are among those temporary deformities. Piercing the ears for rings, repressing the nature of the waist; the female savage of Central Africa bores a hole in each of her ears and puts a stick in the hole until the sore is healed, then she will en-

large it by a larger stick, until the ear is stretched into a thin band for a six inch stick to go through. This is a savage trick of fashion. It must be so if fashion demands it, and if all are lame and crippled.

EYES, SORE, OINTMENT FOR.

Take tutty 6 drachms; gum of myrrh 1 drachm; arcocolea 1 drachm; aloes 1 drachm; white vitrol 1 drachm; Make all of this in fine powder, then take of fresh butter, unsalted, 12 ounces; white wax 2 ounces, and when these are melted together, by degrees put the above powders in and stir all together until the whole is cold, and it becomes an ointment. Rub the eyes with the salve a few times a day.

ELIXIR FOR A WEAK STOMACH.

Alcohol 2 pounds; sulphuric acid 6 ounces. Put the acid slowly in the alcohol and stir all the time; let digest in a warm place for 3 days, then add of cinnamon bark, bruised, $1\frac{1}{2}$ ounces; root of ginger, bruised, 1 ounce. Digest again in a close bottle for 6 days, then strain for use. This is a valuable medicine in weakness of the stomach. It may be given in doses of 10 to 30 drops several times a day, on sugar. In making this medicine mix slowly; it is dangerous to make.

EYES, WEAKNESS, TO CURE.

Sulphate of copper 15 grains; camphor gum 4 grains; sulphate of zinc $\frac{1}{2}$ drachm; boiling water 4 ounces.

Mix and strain, and when cold make up to 4 pints with water. Bathe the eyes night and morning.

EAR ACHE, TO CURE.

Take 3 or 4 garlic roots, roast them and mash fine, then add a tablespoonful of laudanum. Mix all together, then press the juice out. Drop a few drops of this in the ear, warm, 3 or 4 times a day.

EYES, SORE OR INFLAMED.

Sugar of lead 1 drachm ; sulphate of zinc 1 drachm ; table salt 2 drachms ; loaf sugar 2 drachms ; rain water 4 ounces. Let stand for 4 days, then pour off carefully. Bathe the eyes and inside of the eyelids with this water 2 or 3 times a day. It is good in all cases of sore or inflamed eyes.

EYES, SORE AND WEAK.

Sulphate of zinc 3 grains ; tincture of opium 10 drops ; water 2 ounces. To be applied 3 or 4 times a day.

FEVER WASH LINIMENT.

For pains in the head or elsewhere take oil of spearmint 2 ounces ; oil of peppermint 1 ounce ; carbolic acid $\frac{1}{2}$ an ounce ; rain water 3 quarts ; alcohol 1 quart ; beef gall 4 ounces. Mix all together and it is ready for use. Put some of this liniment in a tin, let it get warm then pour it on a rag and lay it on the forehead for pain in the head ; Apply it as hot as you can wherever you may have inflam-

matory pains. Can take a large teaspoonful every 3 hours during the day. This will break any fever.

FEMALES LABORING UNDER THE WHITES.

A very excellent tonic preparation for females to take who are laboring under the whites, is the following: Take of golden seal root 1 ounce ; black cohosh root, columbo root, ginseng, of each, in coarse powder, 1 ounce ; boiling water 2 pints. Mix and let stand in a covered vessel till cold, add 2 pints of good whiskey and let stand for 5 or 6 days, frequently shaking the bottle, then sweeten with white sugar to suit the taste. Dose, 2 tablespoonsful 3 or 4 times a day.

FISTULA, POLLEVL AND WARTS, TO CURE.

Mix together 1 ounce each of nitric acid, spirits of turpentine, corrosive sublimate, camphor gum, oil of spike, castile soap and 3 gills of alcohol. Wash the affected parts with soap suds once a day and then apply the above; continue until cured.

FEMALES THAT ARE WEAKLY.

Take 1 quart of good whiskey, add white or plurisy root, blue cohosh root, black cohosh root, of each, in coarse powder, one tablespoonful; add balm of gilead butts, tamarac bark, angelica root, each, in coarse powder, 1 tablespoonful. Mix and let it stand 10 or 12 days, frequently shaking the bottle. The dose is a tablespoonful 3 times a day, gradually increased as the stomach can bear

it, to 1 or 2 tablespoonsful. It should be taken in sweetened water. This is a most excellent medicine.

FOUNDER IN A HORSE.

Make a drench of 1 tablespoonful of alum for a dose, give two doses one hour apart. Take a bucket of scalding water and put in it 1 teacupful of turpentine, and 1 pint of salt. Bathe the horse's legs well from the knees down; if he flinches, don't go so high up. This will cure the worst case of founder.

FEVERS OF ALL KINDS IN GENERAL.

Take carbonate of ammonia 2 drachms; alum 1 drachm; capsicum $\frac{1}{2}$ a drachm; foreign gentian $\frac{1}{2}$ a drachm; colombo root $\frac{1}{2}$ a drachm; prussiate of iron $\frac{1}{2}$ a drachm, all to be pulverized. Mix by putting all into a bottle, adding cold water 4 ounces. Dose, 1 teaspoonful for a grown person every 2 hours, in common cases of fever; it may be sweetened if preferred. Shake the bottle well before using, and keep the bottle well corked. Good for cold chill followed by a hot skin or a quick pulse, with a weak feeling of distress, also loss of appetite, thirst, restlessness; this is a speedy and effectual cure for all forms of fever, and all that is required is to have sufficient confidence in the course of treatment. To be used from 3 to 5, and in extreme cases 7 days as directed.

FELONS, TO CURE.

Take 1 tablespoonful of red lead, and 1 tablespoonful

of castile soap, and mix with as much lye as will make it soft enough to spread like a salve. Apply it on the first appearance of the felon, and it will effect a cure.

FELON, AN EFFECTUAL CURE FOR.

Bathe the sore part affected in strong lye, then take the yelk of 1 egg; 6 drops of spirits of turpentine; a few beet leaves cut fine; a small quantity of hard soap; 1 teaspoonful of snuff. Add 1 tablespoonful of burnt salt, and 1 tablespoonful of corn meal. Mix all together; put on the sore. It will never fail if put on in time.

FEMALE DOCTORS' SHREWDNESS.

There is a great deal of talk now-a-days as to the fitness of women for the profession of medicine. Is the serious consideration of this question intended to dignify and inflate the hordes of masculine snottys? Through our intelligence of woman, for all who gravely want to use the following infallible prescription: Take of common sense 3 grains; justice 4 drachms; mind your own business 5 ounces. Mix and give 6 gtt 3 times a day. Poverty and shame attend those who refuse instructions.

FARMERS' MAXIMS TO FOLLOW.

When you wake up do not roll over, but roll out; it will give you time to ditch all your sloughs, break them, harrow them and sow them; make your fencing high, strong and tight, so that it will keep the cattle and pigs out. If you have brush make your lots secure, and keep

your hogs from the cattle, for if the corn is kept clean they will eat it better than if it is not clean. Be sure to get your hands to bed by good time, and they will rise more early by force of circumstances. Pay a hand, if he is a poor hand, all you promise him, if he is a good hand pay him a little more. It will encourage him still better. Always feed your hands as well as you do yourself, for the laboring men are the bone and sinew of the land, and ought to be well treated. When rainy or bad weather comes, so that you cannot work out of doors, cut, split and haul your wood, make your racks, fix the fence or any gate that is off its hinges, or weatherboard your barn where the wind has blown the siding off, or patch the roof of your barn or house before winter breaks in on you. While we are not ready to lay by, we think it is well worthy to take notice of these lines. We are apt to show our examples. Never sign a writing until you have read it. Guilt is always jealous.

FARMS, HOW TO MAKE THEM POOR.

By keeping no account of home operations, paying no attention to the maxim, "a stitch in time saves nine." In regard to the saving of grain and planting seed at the proper time and season, leaving the reapers, plows, cultivators, etc., uncovered in the rain, and heat of the sun. More money is lost in this way than what most people are willing to believe. Permitting broken implements to be scattered over the farm until they are rotten ; attending

auction sales and purchasing all kinds of trumpery, because, in the name of the vender, the articles are very cheap ; allowing fences to go unrepaired until strange cattle are found grazing in your fields, and bruising the fruit trees ; planting fruit trees with the expectations of having fruit without giving the trees half the attention required to make them produce ; have your grain threshed in the field and burn the straw when it is in your way. This is a good way to make a farmer and a farm poor. Pry not into the affairs of others. Pure religion is the foundation of peace, and will not quarrel with anyone.

FEMALE EXTERNAL ORGANS, A SECRET.

Mons veneris is the pubic, formed by a thick layer of fatty cellular substance, which rises and cushions up the skin. In early life it is small, but at puberty it grows into greater surface, and has many large glands, and is covered with crisp hair, which is generally regarded by parents as the sign of womanhood, though they cannot be recognized as a proof of that condition. On some females the growth is very limited, while on others it is troublesome. It is never found on women who are incapable of reproduction, in consequence of having no ovaries. The labia or lips are the two parallels, rounded, bounding the rims or fissure of the vulva. They are known by the several names of labia, budendi, and also, from their slight resemblance to wings, they are distinguished as the right and left labium or lips. They seem to be the mons veneris continued downward

and latterally, until meeting below, they complete the vulva. In front they are full and prominent, becoming thinner as they pass to the posterior, and unite with the perineum. Sometimes one is larger than the other. Their points of union above and below are called the *frouchette* or fork. The opening or fissure between them, the *fossa magna vulvae*. The structure of the labia is similar to that of the *mons veneris*, being formed of common integument externally, and rendered full and round by fatty substance. Their outer surfaces are covered with scattered crisp hair, and their inner surfaces, being in contact with each other and lined by a membrane of great sensibility for defense, and are, therefore, amply supplied with mucus, which serves to keep them smooth and moist, and exudes a peculiar odor. From inattention to cleanliness and other causes, being in contact, they have been known to grow together, requiring an operation to separate them. Pregnancy generally makes some change upon their form and color, being of a pink in virgins and violet or brown after pregnancy. Childbirth will also effect a change upon them; they permit a distension during the passage of the child. They will remain larger and more lax after being much dilated. The fold known as the *frouchette* is lacerated and obliterated in the first childbirth, so that a general disfigurement of the labia is an almost universal result of the habits and bad practices attending an evil life. The *urthea* of the female is wide, and its only use is to serve

as a passage for the urine. It is an inch and a half to two inches long. Its direction is nearly straight, or slightly bending, so as to admit a catheter of the size of an ordinary goose quill, though capable of greater distension.

FECUNDATION OR IMPREGNATION.

In the use of the sexual organs the main object designed by nature was procreation ; to bring into contact the two principals—male and female. This is the order of nature. For many centuries the actual process of impregnation may be said to have been a mystery. Men of science in every section of the globe exercised their utmost skill, and experimented with animals and fowls, and various insects, until finally two theories were accepted, the first of which asserted that the male semen, after its ejection into the female vagina, was drawn into the womb by a suction, and from thence, by a similar process, and by way of the oviducts, reached the ovaries, and there fecundated the egg. By this theory the semen of the male came to be regarded simply as the vehicle of the seminal aura, but the theories and their agency in the process of fecundation were untrue, and even went so far as to contend that the very existence of these germs was due to the semen. Observations and experiments were going on for years under the most favorable circumstances, and aided by some remarkable improvements in the appliances of science, and have worked an entire revolution in the opinions of great men regarding the phenomenon of impregnation, and con-

ception. This change was mainly effected by the persistent inquiry of French physicians; therefore, it may now be stated that the generally accepted and popular theory in reference to the process of fecundation is in substance as follows: generation essentially is the same in all beings, there being no exceptions, as in all females eggs exist before, and are independent of conception, just the same as the male semen does never impregnate in the ovary or organ that will produce it. The egg must always have a certain feeling before it can be impregnated, and must have left the organ through and by which it was produced, and in all animals the eggs are emitted at regular and certain periods and are peculiar to each other, for there will also occur a special excitement through the female organs. Neither can impregnation take place unless the semen is present at the same time to meet the perfect egg. A thorough advice may thus be given: Let association be discontinued for about ten days prior to the menstrual discharge, and while it continues, then let it be resumed immediately after the menses have ceased. The cells are always even in number and if otherwise the result will be an imperfect being, if not an absolute idiot.

TOPES' FEVER POWDERS, TO MAKE.

Take salprunella 6 drachms; gum opium 1 scruple; ipacacuanha 1 scruple. All to be pulverized and mixed. Dose, 5, 10 or 12 grains every 2 or 3 hours, until a moist sweat arises, then stop. Is good in all kinds of fevers.

FOR THE WHITES OF WOMEN.

Take sixteen drops of the oil of spike, 1 or 2 times a day ; keep on 3 or 4 days, and a cure will be accomplished.

FAVORITE MAGIC OIL.

Take alcohol 2 quarts ; oil origanum 2 ounces ; tincture capsicum 1 ounce ; chloroform 1 ounce ; oil of hemlock 1 ounce ; oil of rosemary $\frac{1}{2}$ ounce ; oil of sassafras $\frac{1}{2}$ ounce ; sulphuric ether $\frac{1}{2}$ ounce ; mixed. Is a good remedy for all acute pains, toothache, rheumatism, frozen feet, chilblains, etc.

GRAVEL, KIDNEY AND URINE COMPLAINTS.

Uva ursi or bearberry leaves are astringent, and a tonic, and are a specific direction to the urinary organs, for the complaints of which they are chiefly used. They alter the color of the urine, and have a direct influence on the kidneys and urinary passages. In gravel and ulceration of the kidneys and urinary passages, diabetes, catarrh of the bladder, incontinence of urine, gleet, the dose of the powder is from a scruple to a drachm, to be taken 3 or 4 times a day. The tea or decoction is usually preferred, as follows : take of uva ursi leaves 1 ounce ; water 20 ounces ; boil down to 1 pint, and strain ; the dose is from 1 to 2 fluid ounces, 3 or 4 times a day.

GERMAN INFLAMMATORY LINIMENT.

Spirits of hartshorn 2 ounces ; alcohol 2 ounces ; salt-water of common house salt, ordinarily strong, 2 ounces ;

gum camphor 2 ounces ; mix all together, and it is ready for use. This is a French liniment for both man and beast.

GRAVEL AND KIDNEY COMPLAINTS.

Oil of origanum 1 ounce ; oil of hemlock $\frac{1}{4}$ ounce ; oil of sassafrass $\frac{1}{4}$ ounce ; oil of anise 1 ounce ; alcohol 1 pint. Mix ; dose, 1 teaspoonful 3 times a day on sugar. This will soon give relief when constant weakness is felt across the small of the back, as well as gravelly affections causing pains about the kidneys.

GRAVEL, TO CURE.

Cut the top of a radish off. While yet in the ground hollow them out, cover up over night, and the radish will get full of juice over night ; then draw the juice out with a syringe, take a 4 ounce bottle full and put in 4 ounces of wintergreen. Mix all well, and let stand for 6 or 7 hours, then drink of this several times a day until cured.

GENTLE PHYSIC, TO MAKE.

Take epsom salts 2 ounces ; Alexander senna $\frac{1}{2}$ ounce ; anise seed $\frac{1}{4}$ ounce ; fennel seed $\frac{1}{2}$ ounce. Scald in 1 pint of water, let stand for 10 minutes, and take 3 or 4 table-spoonsful at a time. Repeat the dose every 1 or 2 hours until the bowels begin to move. This is a splendid physic.

GRAVEL, A SURE CURE FOR.

Take of clean dung of tame doves or pigeons a good handful. Put it in a pint of good vinegar, let it stand to soak for 7 days, and take about 2 table-spoonsful evening

and morning, for a dose. This will melt the gravel stones so that they will pass away with the urine. This remedy is worth using. Try it.

GRAVEL, A SOVEREIGN REMEDY FOR.

Take a handful of the bark of the roots of a sweet apple tree ; put 3 pints of water on, boil to 1 quart, or a strong decoction, then add to this $\frac{1}{2}$ pound of good Holland gin. Dose, 2 ounces 3 times a day, before meal time.

GINGER BEER OR POP.

Take white sugar 2 pounds ; cream of tartar 2 ounces ; bruised ginger root 2 ounces ; add 2 gallons of boiling water and a teacup of hop yeast. Let stand for 24 hours, then bottle for use.

GIVING A VIEW OF THE HEART.

The heart is situated behind the breast bone. It is so inclined that its base or upper extremity is directed towards the right shoulder, and its lower extremity toward the left side. The heart is surrounded by a thick, strong sack, called the heart case, which serves to attach the heart to the spine, and to keep the heart to its proper place in the cavity of the chest. During the progress of rheumatic fever, when neglected, or improperly treated, this disease may result in the effusion of water into the cavity of the heart case, causing dropsy of the heart case. The human heart is conical in shape, measuring about 6 inches in length, and 4 inches in breadth, and weighs about 12

ounces. It is somewhat larger in the male than in the female, but the female heart is said to make up in quality all that it lacks in quantity, being so much sweeter in women than in men. The right side of the heart contains two cavities, called the right auricle, and right ventricle. The left side of the heart also contains two cavities, called the left auricle and left ventricle. There is quite a peculiarity in the heart, if well understood.

GIVING THE ACTION OF THE HUMAN HEART.

The human heart beats about 70 times a minute, 4,200 times in an hour, and more than 100,000 times in 24 hours. Every time the heart beats, 2 ounces of blood pass through its wonderful chambers, 140 ounces each minute, more than 2 hogsheads of blood every hour and more than 8 tons of blood every 24 hours. The human heart is estimated to draw with a force equal to about 13 pounds, and to circulate the blood with such rapidity that it all runs through the heart as often as once in $2\frac{1}{2}$ minutes. The whole quantity of blood in the human body is equal to about 1-5 of its weight or 28 pounds in a person weighing 140 pounds. The frequent action of the heart will gradually diminish from the commencement to the end of life. Right after birth it ranges from 140 to 130. In old age, 65 to 50. Its action is also increased after a meal, and by rising from a sitting to a standing position. The time of day also effects it ; the pulse is more frequent in the morn-

ing and becomes gradually slower as the day advances during life time.

GREEN HEALING SALVE.

Take rosin 1 ounce ; bees wax 1 ounce ; mutton tallow 4 ounces ; melt altogether and stir in 1 drachm of pulverized verdigris. Stir well. Useful for old sores, ulcers, cancers, scrofula sores, cuts and wounds. This is one of the best salves known.

GERMAN COUGH TINCTURE.

Tincture of black cohosh, tincture of lobelia, tincture of balsam of tulu, good cider vinegar, tincture of blood root, of each 1 ounce ; $\frac{1}{2}$ ounce of number six. Mix ; dose, 1 teaspoonful 3 to 6 times a day. This is one of the best cough remedies that I have ever used. 1 or 2 ounces of simple syrup may be added to the above quantity, also $\frac{1}{2}$ ounce of laudanum may be added if desired.

GALLS ON HORSES, TO CURE.

During the hot season, while horses are kept at heavy work, their breasts are very liable to become sore, and many of them are the result of poorly fitting collars. See to this matter at once, and prevent the trouble if possible. Where the breast has become galled, wash frequently with some astringent solution, such as alum water, or a strong tea of white oak bark. Arnica is excellent for galls and should be applied at night, after the team has finished work, and be well rubbed in with the hand.

GONORRHOEA, A POSITIVE CURE FOR.

Liquid of potassa, liquid of bitter apple, spirits of sweet nitre, balsam of copabia, of each 1 ounce ; best gum arabic 2 drachms. For use mix with peppermint water, take $\frac{1}{2}$ teaspoonful 3 times a day, half an hour before meal time. Is a certain cure in 10 days, if well attended to.

GLASSWARE, TO KEEP FROM BREAKING.

Put your glass dishes, lamps, tumblers and all other glass articles into a boiler or kettle, cover them all over with cold water, and bring it to a boil for a few minutes ; then set the kettle aside, and keep it covered close. When the water is cold, take the glass out. Boiling will season the glass, so as to stand more heat before breaking. Pie plates can be seasoned the same way by the above process.

HAIR DYE, TO MAKE.

Take 1 drachm lac sulphur ; sugar lead 1 drachm ; bay rum 2 ounces ; glycerine 2 ounces ; spirits of ammonia 1 drachm ; 5 cents worth oil of bergamot. Wet the hair once a week, or more often if necessary.

HEAVES IN HORSES, TO CURE.

Take a decoction of smartweed, 1 quart a day for 8 or 10 days. Mix it in bran and oats ; divide the quart in 3 meals, morning, noon and evening. Is well spoken of.

HICCOUGH, TO CURE.

Take a lump of sugar saturated with vinegar. Eat

plenty of it, and a cure will follow. Home made sugar is best, if it can be had.

HEMORRHAGES FROM THE LUNGS OR FLOODING IN CHILD-BIRTH.

Sugar of lead 10 grains ; ergot of rye 10 grains; gum opium 3 grains ; epicac 1 grain. All to be pulverized and well mixed. Dose, 10 to 12 grains, to be given in a little honey or molasses. In very bad cases, after child birth, it can be given every half hour, or increase the dose to 15 or 18 grains, particularly in profuse cases. For bleeding from the lungs it can be taken 3 or 4 times a day as above stated.

HYSTERICIS IN WOMEN.

Take laudanum 1 ounce; tincture of valerian 2 ounces; sulphuric ether 2 ounces. Mix all together. Dose, 20 drops or less according to circumstances, 1 or $\frac{1}{2}$ hour apart.

HOGS OR SWINE, A TREATISE ON.

From the earliest history of swine, they have been regarded as more subject to scrofula than any other animal. It is, with few exceptions, the most indigestible food that can be taken into the stomach. Again, pork is charged with being wormy. It killed a great many persons in Europe and not a few in other countries, including our own. It has been contended that the tape worm only troubles those who eat pork, and that the Hebrews, who do not eat the flesh of swine, are never troubled with these parasites. The fact has been established beyond contradiction, that an exclusively pork diet will produce tape

worm, and what else? Saltrheum; and my neighbors would laugh at me if they knew I was applying to a physician, but I am troubled with catarrh. Another has piles; another worms. There are pork eaters who have no apparent disease, whatever; although the scrofulous impurities of their diet find lodgment. They remain latent in their system, and are transmitted to their children, without manifesting their presence in the parent stock, if well understood.

HYSTERIC AND RHEUMATIC TINCTURE.

Take aqua ammonia 1 ounce; gum guaiacum 1 ounce; gum camphor $\frac{1}{2}$ ounce; diluted alcohol 1 quart. Macerate for 6 days at a warm place. Dose, 30, 40, or 50 drops, 3 or 4 times a day.

HOARSENESS, A REMEDY FOR.

Take 1 pint of vinegar and put 4 ounces of grated horseradish in it. Let it stand over night, then add $\frac{1}{2}$ pint of honey, and bring it to a boiling point. Strain and squeeze out the juice. Dose, 1 or 2 teaspoonsful several times a day. Is good for hoarseness, loss of voice and all ordinary coughs, if well used.

HEART DISEASE, REMEDY.

Take bromide of potash 4 drachms; tincture of digitalis 2 drachms; comp. tincture of cinchona 4 ounces. Mix well; take a teaspoonful 3 or 4 times a day, in water, for palpitation of the heart.

HIP DISEASE AND SWEANY.

To one quart of alcohol, put 2 ounces of gum camphor ; pulverized cloves 1 ounce ; six heads of Spanish pepper ; a handful of salt. Let this stand in a bottle for 2 days in a warm place. Wash the sore limbs 2 or 3 times a day, and for pains in the limbs.

HEALING PLASTER, A PARTICULAR ONE.

Take storax 1 ounce ; red lead 7 drachms ; gum camphor 2 drachms ; sweet oil 4 ounces. Put all in a crock, and boil till it is thick enough to be used as a common plaster. This plaster is good for all kinds of rheumatic pains. Is good for sore eyes, and pains in the head. When put on the temple or side of the head, lay it on the painful part. For carbuncles, and old and fresh sores, torn, cut or bruised wounds, and burns or scalds, wipe burned or scalded parts with a rag before applying the plaster. Is a useful remedy.

HEARING, HOW TO IMPROVE.

Hunt a nice clean hazlenut stalk, cut it off, lay it in the fire with one end out and water will run out at the other end. Put one drop of this in the ear about once a day.

HEART TREMBLING, TO CURE.

Take a drachm of cardaman seeds in a few ounces of wine. Pulverize the seeds first ; do not use the shells, only the seeds. To be taken 2 or 3 times a day if necessary. ,

HEALING PLASTER, POOR MAN'S.

Take yellow wax 1 ounce; tar 3 ounces; rosin 3 ounces. To be melted together and spread on lint, muslin or oil cloth. Use as other plasters are generally used.

HEALING SALVE, RUSSIAN.

Take yellow wax 2 ounces; sweet oil 2 ounces; melt slowly, stirring all the time. When getting cold stir in it 1 teaspoonful of glycerine. Is good for all kinds of wounds or sores, recent or old standing complaints. Is a useful salve.

HEEL BALL, TO MAKE.

Take mutton tallow 4 ounces; bees wax 1 ounce; sweet oil 1 ounce; oil of turpentine $\frac{1}{2}$ ounce. Melt and add gum arabic 1 ounce; lamp black $\frac{1}{2}$ ounce. Used for blacking shoes or boots. Is a nice shoe polish.

HEALING SALVE, COMMON BLACK.

Take rosin and bees wax, of each 2 ounces; sweet oil 8 ounces. Melt together, stirring until cold. This is a good healing salve for ordinary or common sores. To the above can slowly be added while near the boiling point, 4 ounces of red lead, stirring all the time. When nearly cold add 2 ounces of pulverized camphor, stirring well. This is a good healing salve.

HANDKERCHIEF PERFUME, TO MAKE.

Take ambergris 1 drachm; civet 1 drachm; oil of lavender 2 drachms; oil of bergamot 2 drachms; camphor

gum 3 drachms ; spirits of wine $\frac{1}{2}$ a pint. Macerate for ten days, then strain, and it is ready for use.

HEMERRHOIDS OR PILES, TO CURE.

The article to which I would wish to draw your attention is the oil of erigron canadensis, which I regard as a specific in piles, either external or internal. My method of using the remedy is to give 6 to 12 drops morning and evening in a little milk, after having first given some mild physic, such as castor oil, to move the bowels freely. The piles are then to be annointed with the oil when coming down. For diet I direct unbolted wheat bread for the principal food, until the cure is affected. Can mix the oil with a teaspoon of castor oil to keep the bowels open. The oil of erigron canadensis is an astringent used in flooding, four to six drops on sugar. It is best in piles to take the oil on sugar. Take the castor oil first and use regular and a cure will be effected.

HORSES FORMING TUMOR, TO CURE.

Rub thoroughly with strong brine or a solution of sal-ammoniac, dissolved in 8 times its weight of water. If the tumor comes to a head open it near the bottom with a lance; or place a seton cord in it so as to admit the escape of the pus.

HOGS, WHEN IMPORTED.

The hog is not a native of this continent ; the first swine were brought from Spain, by Columbus, in 1493.

Sows generally carry their young 112 days; sometimes overruns a day or two, but seldom falls short of that time from date of service. Useful to remember by hog raisers.

HOUSE PLANTS, TO KEEP FROM FREEZING.

Take an old stout blanket or quilt and spread it on the floor; Set the plants close in the center and set two chairs or a stand over the plants, then bring the quilt up and tie or pin together. Sensitive plants may first be covered with paper.

HORSE CRIB BITING, TO CURE.

It is supposed that there is no remedy for a wind sucking horse, but this is only a habit and may be cured by nailing sheep hides with the wool on wherever the horse may have a chance to take hold of while in the stable.

HUMAN LIFE, ORIGIN OF IT.

How few young men or women, when about to form partners for life, stop to inquire if the person is a cultivated companion, that is, noble, mentally and morally qualified, such as they would desire to see manifested in their children. In fact, there is less exercise of reason, religion or common sense in the choice of husbands and wives, than in almost any other act of life. Young ladies read novels, then sigh and declare that love goes when it is sent, and that matches are made in heaven. Now, the fact is, most matches are made anywhere but in heaven,

they are not even made in accordance with reason or common sense. What, indeed, are the leading questions which the young men or women of to-day ask, when selecting partners for life? Is it whether they have sound healthy bodies? No, the leading question will be, how much money has his or her papa? Not long since, while traveling, I met a lady with whom I am acquainted; I said, "Why, I hear that you are married." "Yes, I am married," said the lady. "Do tell me whom you married?" "Oh! well," says she; "I have married four thousand dollars, and hell." "What is his name?" "Oh! I forgot." John Adams married a woman of strong common sense, and of good culture in her days, and she became the mother of John Quincy Adams.

HEAD, BRAIN AND NERVE DISEASES, WHY SO.

Many a disease of the brain and nerves is produced by the habitual use of nervous stimulants, such as tea, coffee and tobacco. It is a general and well understood fact that all artificial stimulants are followed by reaction and debility. Coffee causes a determination of blood to the head, producing vertigo, dizziness, headache, while tea causes great irritability of the nerves of the heart, violent palpitations when used habitually and in considerable quantities. They derange digestion and cause a great amount of nervous weakness, and general debility, yet the use of tobacco, owing perhaps to its more attractive and fascinating effects, is on the increase, and threatens

more than anything else to undermine the health and destroy the constitution of the American people. A few drops of the dark oily matter easily obtained from an old pipe, when placed on the end of a dog's tongue, is almost instant death. If these are facts, why is it that so many can use tobacco without destroying life almost instantly? In answer to this it may be said that only a small quantity at a time is taken into the system. Nature has given the human being great powers of endurance, and under the law of toleration we are enabled to gradually increase the the dose of tobacco day by day, until at last we become accomplished chewers, and can chew a plug a day. We are told by a surgeon general of the United States Army, who accompanied General Scott to Mexico, that he often observed that when the wolves and buzzards came upon the battle fields, to devour the slain, they would not disturb the bodies of those who had chewed or smoked tobacco until they had consumed all the fresh ones among them, and yet there are thousands of young chewers and smokers who expect that refined young ladies, or rather angels, as they sometimes call them, will be willing to love and cherish them all their lives, when even buzzards will not devour them. After minute examination by dissection, it will be found that in most of the cases of sudden death, by what is called heart disease, this organ is found to be perfectly healthy and sound in every respect, the person dying of paralysis of the eighth pair of nerves, which are

sent from the brain to the heart, stomach and lungs, caused by the habitual use of this terrible poison. Eight out of every ten users of tobacco will die with heart disease, especially in old age.

HORSES HAVING COLIC.

A horse will often lie down, suddenly want to rise again with a sudden spring, will frequently want to strike his side or belly with his hind feet, will stamp frequently with his fore feet, and will refuse most all kinds of feed. The following is, I think, one of the never-failing cures in colic: take aromatic spirits of ammonia $\frac{1}{2}$ ounce; laudanum $1\frac{1}{2}$ ounces; mix with 1 pint of water and drench the horse; give a second dose in half an hour's time if not relieved any sooner.

HAIR OF LITTLE GIRLS, HOW INJURED.

There is a great mistake in platting the hair of children under twelve years old. The fashion of platting will strain the roots of the hair, by pulling the hair so tight, and will deprive the hair of its nutriment, and check the growth. So we learn that the hair of girls should be cut rather short, and allowed to curl freely. When about twelve years old the hair should be twisted into a coil, yet not too tight, neither should the hair be tied with a thin thread, but take a piece of ribbon. Take notice, there is something to learn in the above.

HOW TO SET YOUR BEDSTEADS.

All sleeping rooms ought always to be so arranged, if possible, as to allow the head of the sleepers to be towards the north. Quite often do we, in cases of sickness, see that a person will find it rather impossible to obtain rest by having the head in any other direction, while often a cure is retarded a long time. People in building should always bear this in mind, so as to have the head to the north while in bed, not only when down sick, but at all times.

HAIR, TO KEEP FROM TURNING GRAY.

A remedy to keep the hair from falling off, and to keep its natural color, is to dissolve 2 pounds of honey ; a handful of rosemary ; and 10 handful of tendrils of grape vines, infused in a gallon of new milk ; about 2 quarts of milk will be obtained from this, ready to apply to the hair frequently.

HAMS, WHEN SMOKED, TO KEEP.

Take a flour or paper sack, put the ham into the sack, and fill all around the ham with fine or chopped hay, about two inches thick. This will keep the grease from getting in contact with the sack and will keep insects from reaching the ham. Let hang in the smoke house or some other dry place, and will keep well all summer.

HOW TO KEEP LAMPS FROM SMOKING.

Put the wick in strong vinegar, let stand or soak over night, then let get dry before using. The wick will then

burn more pleasantly, and will not have the house full of smoke all the time.

HONEY BALSAM, TO MAKE.

Take purified opium 14 grains ; balsam of tulu 14 drachms ; honey 4 ounces ; spirits of wine 1 pint. Mix, and let stand for a week. Shake the bottle a few times a day, then strain. This balsam is of much use in colds, coughs, and feverish symptoms. Dose, from 1 to 3 teaspoonsful when much coughing.

HOW TO MANAGE A FAINTING PERSON.

When a person faints, lay him down on his back, loose the clothing, push the crowd away, in order to allow pure air to reach the patient, and let him alone. Dashing water on a fainting person is a great wrong. In case of fainting we learn that the heart does not send the necessary amount of blood to the brain. If a person stands erect, then the blood will have to be thrown up hill, but when lying down less power is wanted to pump the blood to the brain.

HOOF BOUND, TO CURE.

Take spirits of turpentine 4 ounces ; tar 4 ounces ; whale oil eight ounces. Mix and apply to the hoof quite frequently and you will have a cure.

HAIR, TO PREVENT FROM FALLING OUT.

Take tincture of iodine 2 drachms ; tincture of cantharides 2 drachms ; strong sage tea 4 ounces ; bay rum 2

ounces ; glycerine 2 ounces ; lac sulphur, pulverized, 1 ounce. Mix well before using. Apply once a day for a week or longer if necessary.

HEAVES IN HORSES, A CHAMPION REMEDY.

Take balsam of fir and balsam of copabia, of each 4 ounces. Mix with calcined magnesia so as to make into balls, and give a middling sized ball at night and in the morning for 8 or 10 days. The balls may be an ounce in weight. Can break fine and put in oats.

HEALTHY BABIES, HOW TO HAVE.

It is a question in chief with some childless people, and I am aware it is important, how to have babies at all. To all such persons I would refer to be considered here, by what means it is necessary to secure healthy children when people are capable of healthy offspring. The human family is not sufficiently interested in it. This we know, but should endeavor to improve the physical and moral condition of the human race, by calling attention to it. If women, girls and boys were for sale on the market in the civilized world, as they are in some barbarous countries, if they could be sold like cattle or sheep, the commercial spirit and age would demand improvement in the stock of human beings, as it demands and is busy in securing an improved stock of domestic animals, while at home their offspring are creatures of accident, conceived, in many instances, under circumstances which render them puny,

sickly and ill-natured, if not constitutionally immoral. The first proposition embodies a certain class of people who are physically infirm, and should not have children while such infirmities exist, because they are almost certain to transmit them to offspring, and the combined infirmities of each parent, when both are diseased. In some barbarous countries diseased and ill-formed children are destroyed as soon as born. This is a mercy, but disregard of the true law will suffer such to live.

HEIFERS, DRIED UP TOO SOON.

Heifers after calving the first time should not be let run dry so soon, as this will cause them to run dry in about the same time in after years. For this reason be careful to milk closely for the first year, until about three weeks previous to the time for calving, and your cows will not stand dry most all the year when getting older. Try this, aunty.

HORSE SHOE TALISMEN, MYSTERY.

It is strange that in one country the male organ was considered all powerful, in an other it would be that of the female to which the wonderful powers of the Deity were ascribed, although in Ireland carved figures, representing the female organ, have been found over the doors or entrances to churches. It may be quite interesting to those who nail horse shoes over their doors for good luck, to know that this is one of the relics of the pagan worship under consideration. It was the universal practice of the

Arabs of Africa to nail up in front of their tents, over their doors, the generative organs of the cow, or mare, or the she-camel, to keep away witches, and the evil eye; when impossible to obtain these, a drawing of the same was substituted. This being done when the original meaning of this sign had been forgotten, the horseshoe then became the talisman, and may be frequently met with all over the world. I have so far in this work climbed no fences to get around, nor made any bridges to get over what are regarded muddy currents. By wading right through, I desire that this work may be worthy of acceptance of the public for adults and the younger sexes in general.

INDIGESTION, REMEDY FOR.

Take turkey rhubarb $\frac{1}{2}$ an ounce; sulphate of quinine 1 drachm; extract of sarsaparilla 1 drachm. Put the sarsaparilla in a teacup with 3 or 4 teaspoons of cold water. Let it stand until dissolved then add the other articles. Make it into a stiff paste; it will then be ready to make into pills, with the use of a little flour. Dose, 2 pills every other night. Is good for self abuse, if used regularly.

INFANTS, MILK FOR, TO GIVE.

First of all get milk from a healthy cow. This milk should then be made as much like human milk as possible; this can be done by adding a little loaf sugar, and about $\frac{1}{3}$ or $\frac{1}{4}$ of water. The water should be hot and the sugar dissolved in it, then pour it slowly into the milk and allow

it to simmer a little over the fire. If the milk is scorched throw it away. This should be done in the morning with the first milk you intend to use during the day, and in the evening with that to be used during the night. The cup and spoon used to feed the infant should never be used for any other purpose whatever, and should be scalded after using. If all the milk placed in the cup be not used, throw it away, for it should by no means be poured back into the bottle. The most trifling thing about the milk which the mother cannot detect will often cause the most serious trouble to the child. The utmost cleanliness in the handling of milk cups, bottles and spoons is important if the child's life is valued. As soon as the child has been fed from the bottle, throw away what milk may be left, and cleanse both bottle and nipple. When it becomes necessary to feed infants on milk other than that of the mother, the greatest care should be taken to always have it pure and fresh. A careful observance of these rules will often save a child from a spell of sickness, and the time for so doing is not lost if considered well, and so done in faith and honesty, by the lovers of infants.

INABILITY TO HOLD URINE.

Take leaves of belladonna 1 grain; acetic acid 6 drops; rain water 5 ounces. Mix, dose, for an adult, 1 tablespoonful 3 times a day; children must take less. This cures in from 6 to 15 days. When dryness of the throat begins quit using for awhile.

INFLAMMATION, EXTERNAL CURE FOR.

Take saturni extract 1 ounce; French brandy 2 ounces; water 4 or 5 ounces. Mix all together in a bottle and wash the sore parts every 2 or 3 hours during the day.

ITCH, REMEDY FOR.

Take flower of sulphur $2\frac{1}{2}$ ounces; cream of tartar 1 ounce. Mix well. Dose, 1 tablespoonful in the evening; can rinse it down with water. For a week or longer.

INFLAMED, SORE AND SWOLLEN NECK.

Take old or thick honey 4 ounces; white dog's dung 3 ounces; 6 drops oil of spike. Mix all together and put on a rag; wrap around the neck; put on warm.

INDIAN PAIN KILLER, TO MAKE.

Alcohol 1 quart; gum gwaiaic 1 ounce; gum myrrh $\frac{1}{2}$ an ounce; gum camphor $\frac{1}{2}$ an ounce; cayenne pepper, pulverized, 3 drachms. Mix; shake freely for a week and apply freely to the painful parts. It may be taken inwardly in teaspoonful doses, for internal pains. Repeat the dose according to its wants.

INDIGESTION, NERVOUSNESS AND SOUR STOMACH.

In case of a restless disposition and inability to sleep well at night, the following will be found serviceable: Take tincture of valerian 1 ounce; tincture of lupulin 1 ounce; liquor of potash $\frac{1}{2}$ an ounce. Mix and take a tablespoon 3 or 4 times a day.

INTERMARRIAGE OF RELATIVES.

In this country intermarrying between relatives is practiced to an extent that calls loudly for legislative interference. Statisticians have shown most plainly that a large per cent. of the insanity and idiocy in our asylums is attributable to this violation of nature's law, and how many other diseases may be produced thereby, it is difficult to estimate. Speaking of the physical effects of intermarriage between blood relations, for twenty generations back certain families of wealth and respectability have intermarried, until there cannot be found in three or four of them a sound man or woman. One has sore eyes, another scrofula, the next is an idiot, or is blind or bandy-legged, or some other fault. The reason why such marriages are injurious to offspring is plainly indicated in showing the necessity of physical adaptation. Has it ever occurred to the mind of the reader that a man may as well marry a half-sister as a full cousin? It seems so on investigation; indeed, that the same relation in blood exists, has been demonstrated in a recent and interesting article. Such cases are rare but it is nevertheless true that they do sometimes occur, when cousins do entirely differ in temperament. So we see it is best not to mingle with close relations, if we are going to raise a stout generation.

JAUNDICE, A CURE FOR.

Take pulverized curcuma 1 ounce; 6 ounces of proof spirits. Mix and let macerate for a week then strain or filter. Sixty drops can be taken 3 to 5 times a day.

JAUNDICE, TO CURE, GOOSE REMEDY.

Take fresh goose dung $\frac{1}{2}$ a drachm. To be taken in wine two times a day for 2, 3 or 4 days. This is an old cure from Europe; unclean but useful.

JAUNDICE, A POSITIVE CURE.

Take a teaspoonful of pulverized curcuma, one in the morning and one in the evening. Can be taken in the mouth and rinsed down with water or other drinks, for 3 or 4 days, a week in extreme cases.

LICE ON CATTLE, TO DESTROY.

Wash the back and sides with a strong decoction or tea of white oak bark, which will completely tan the lice in 24 hours, or bathe the animal all over with a strong decoction of larkspur herbs. This is a good cure for lice.

LIME WATER, TO MAKE.

Take of lime 4 ounces ; rain water 1 gallon. The lime must first be slacked with a little of the water, and stirred together with the remainder of the water. When all is slacked, cover the vessel and let it stand for 3 hours, then put all of it in bottles and let it stand. Pour off the clean liquor when wanted for use. The dose is about one ounce 3 or 4 times a day. Is very useful in dyspepsia.

LINIMENT FOR THE NERVES.

Take an eight ounce vial, put in spirits of hartshorn $1\frac{1}{2}$ ounces ; sulphuric ether $1\frac{1}{2}$ ounces ; spirits of turpen-

tine $1\frac{1}{2}$ ounces ; sweet oil $\frac{3}{4}$ ounce ; oil of cloves $\frac{1}{2}$ ounce ; chloroform one fluid ounce. Mix all together and shake well. Used for nervous affections and for string halts in horses, cramps, sprains and swellings in joints.

LINIMENT OF BEEF GALLS.

Take 1 pint of alcohol ; 1 ounce of gum camphor ; 1 beef gall. Mix the gall and alcohol thoroughly, then add the camphor. Shake the bottle before using. The above receipt is the best in existence for sprains, rheumatism, pains in the joints, bones, etc., and all diseases requiring an outward application. Rub the parts well 3 or 4 times during the day, and on retiring at night.

LONG STANDING COMPLAINTS, TO CURE, PARTICULARLY INSIDE.

Take the following to purify the blood : guaiacum shavings 8 ounces ; burdock root 2 ounces ; sassafras root or bark 2 ounces ; pulverized antimonium $1\frac{1}{2}$ ounces ; raisins $1\frac{1}{2}$ ounces. Put all of the above in 1 gallon of water. Boil slowly for a few hours and keep it covered while boiling, then strain and take a gill of this morning and evening. Can put $\frac{1}{2}$ a pint of alcohol in it to keep it from getting sour.

LINIMENT, A SIMPLE ONE.

Take of olive oil 4 ounces ; white wax 1 ounce. Dissolve the wax in the oil with a gentle heat ; stir well until

cold. This may be used to keep the hands or skin soft and smooth in cold weather, or when the hands will crack.

THE LIVER, AN EXPLANATION THEREOF

The liver is of a reddish brown color, measuring at least ten inches in length, and six inches in width, and three inches in thickness, and weighing from three to four pounds. It is located high up in the cavity of the abdomen, beneath the lower ribs and the midriff of the right side, opposite the stomach, which it partly overlaps. The bile ducts originate in the minute branches in the interior of the liver, and, uniting together, they empty into the gall bladder under the liver. The gall bladder is shaped like a pear with its largest extremity hanging downward, a little below the lower edge of the liver. It will be, and is, well understood that the bile is not poured into the stomach as many people think, but that it goes into the duodenum some six or seven inches below the stomach. If the bile does not enter the stomach as was generally thought by the people, what a powerful influence it would have on the price of anti-bilious physics, to cleanse the bile out of the stomach when it does not go into it. No bile can be introduced into the stomach except when the action of the stomach and intestines is reversed.

LIQUID GLUE, HOW TO MAKE.

Take 1 ounce of borax in a pint of boiling water, add 2 ounces of gum shellac, and boil in a covered vessel until

the lac is dissolved. This will make a very useful and cheap cement, and will withstand the damp better than the common glue. This is superior to any prepared glue in the market. Use like other glues.

LOST APPETITE AND FOR DYSPEPSIA.

Take rhubarb 1 ounce; ginger 1 ounce; aloes $\frac{1}{2}$ an ounce; gum of myrrh 2 drachms; cayenne pepper 2 drachms; saffron 1 drachm; cloves 2 drachms; sassafras bark $\frac{1}{2}$ ounce; goldenseal $\frac{1}{2}$ an ounce; good whiskey 1 quart. Let digest for two weeks strain and bottle. Dose, one tablespoonful $\frac{1}{2}$ an hour before meal time. Good for dyspepsia, lost appetite and derangement of the stomach or a weak stomach.

LEUCORRHEA OR WHITES, A REMEDY FOR.

Take beth root two ounces; star root 1 ounce; peruvian bark 1 ounce; all finely pulverized. Put on 1 pint of boiling water and when cold put all in a bottle; add a pint of port wine. Dose, 2 ounces 3 times a day. This is a superior family tonic and astringent for the whites in woman, if well tried.

LINIMENT FOR STIFF JOINTS.

Take 2 ounces of neats foot oil; oil of linseed, oil of hemlock, oil of cedar, tincture of lobelia, tincture of cayenne, beef gall, of each 1 ounce; alcohol 4 ounces. Mix all together and shake the bottle before using. Bathe or wash the joints with this liniment 2 or 3 times a day.

Is an excellent liniment for contracted tendons, stiff joints and rheumatism accompanied by swelling.

LINIMENT, A NEVER FAILING ONE.

Take $\frac{1}{2}$ a pint of angle or fish worms, put them in a bottle, then add 1 ounce oil of sassafras; 1 ounce of spirits of turpentine; 2 tablespoonsful of salt. Let stand in the sun for 2 or 3 days, or until the worms are all cut, then strain through flannel to extract the dirt, and bottle for use. This liniment, if used freely at least twice a day, and persevered in, will overcome the stiffness of any joint, where it is possible to do so. This is worth trying.

LIVING DROPS, HOW TO MAKE.

Take oil of cajeput $\frac{1}{2}$ an ounce; oil of cloves $\frac{1}{2}$ an ounce; oil of anise $\frac{1}{2}$ an ounce; alcohol 2 ounces. Mix and shake well. For bilious croup, flatulence, colic and pain in the stomach or bowels, cramps, spasms and the like. Dose, from 10 to 30 drops every 2 or 3 hours.

LIGHT IN A SICK ROOM, WHY SO.

Many mistakes are the result of a total want of knowledge of the great importance of light, which is only second to fresh air. Darkness may do to horrify criminals to the dark vault or tomb, but life of any kind, whether animal or vegetable, requires light. It is an error to suppose that light affects only the spirit, for it assists to purify the air and the want of it often helps to produce scrofula or consumption. There is some mysterious life giving power

in light. A room kept darkened is soon filled with an unpleasant odor, and becomes positively unhealthy. For this reason the sickroom should always be on the south or sunny side of the house. It is found that diseases are not nearly so fatal when the patient is kept in a room to which the sunlight is freely admitted, and there is less sickness in families who have their living rooms on the south side of their houses, than in families living in north rooms. No person suffering from grief should enter a sick room, and the patient should never see anyone crying. Loud talking is cruel and whispering is worse. Hold no conversation in a sick room and don't be afraid to ask a neighbor to stop talking or step into the next room until you can be at liberty, for the feelings of the patient are of vastly more importance than those of any careless or rude visitor. It tries the sick to listen and annoys them if they cannot understand the conversation, and which is well worthy to take notice of in time.

LINIMENT, SUPERIOR TO ALL.

This is one of the best liniments ever made for man or beast. Take laudanum, alcohol, and oil of wormwood. Mix well. Its effect is of great value. Take equal parts of each and always get the best of the articles.

LEATHER, TO PRESERVE WATER PROOF.

Take 1 pint of boiled linseed oil ; $\frac{1}{2}$ a pound of mutton tallow ; 6 ounces clean beeswax ; 4 ounces rosin. Melt,

mix over a fire and apply while warm, but not so hot as to burn the leather. Lay on plentifully with a brush and warm it in by the stove.

LIQUID BLUEING FOR CLOTH.

Take 1 ounce of Prussian blue, or Chinese blue is the best. Pulverize fine and put in a quart of rain water. Add $\frac{1}{2}$ an ounce of oxalic acid ; 1 tablespoonful to a cup of water in cloth blueing.

MIND THE FOOD THAT WE EAT.

When we consider the fact that man eats by habit, almost as much so as the hog, and that he eats about seven hundred pounds of food, exclusive of fluids, annually, it ought to surprise no one when I say that derangements of the blood arise from the use of improper food. See how directly the food goes into the blood. The food is taken into the mouth and then into the stomach, and is digested and passes down into the lower stomach, where it meets the pancreatic fluids, is sucked up in to a duct, and carried directly into the blood at the turn formed by the great jugular vein on the left side of the neck and on the left arm, then directly it goes to the manufacture of bones, muscles and nerves. At home we are treated to various and all sorts of mixed dishes, seasoned with condiments and well saturated with the juice of swine. One of the most common causes of blood impurities is the use of pork. It has been said that all things are created for

some wise purpose. This is undoubtedly true, but hogs were never intended to eat. We read that Christ used hogs to drown devils, and yet we eat such dirty and nasty stuff.

MILK SCAB IN CHILDREN, TO CURE.

The eruption of this disease consists at first of slightly elevated pustules or pimples, closely collected together with inflamed edges. These break and the surface becomes red, shining and full of sores. These scabs sometimes look like honey dried upon the skin, and hence the name of honey disease. It is very common on the ears and lips of children. It is also called the milk scab when it covers the whole face. Treatment: give a purgative, and let the patient take a hot bath; as a local application equal parts of blood root and white pond lily. Say 1 ounce, and cider vinegar 6 ounces. Mix, let stand for 24 hours and apply as a wash with a soft sponge 4 or 5 times a day. The oxide of zinc ointment is also good.

MORTIFICATION IN MEN, TO CURE.

Take flower of sulphur 2 ounces; gunpowder 1 ounce; alum 1 ounce. Pulverize and mix. Dose, $\frac{1}{2}$ teaspoonful 2 times a day, for 1 or 2 days.

MORTIFICATION OR GANGREEN IN HORSES.

Take brimstone 15 ounces; saltpeter 10 ounces; alum 8 ounces. All to be pulverized and mixed. One tablespoonful for a horse once a day. Can be given more frequently if necessary, for 1 or 2 days.

MOTHER DROPS, VALUABLE.

Take ether 2 ounces ; yellow amber $\frac{1}{2}$ an ounce. Mix and let stand awhile before using. Dose, 25 to 30 grains 2 or 3 times a day. Used for the mother or womb.

MOTHER'S OLD COUGH REMEDY.

Take water 3 quarts ; wheat bran 1 quart ; tar 1 pint ; honey half pint. Simmer all together for three hours. When cold add 1 pint of brewer's yeast. Let stand thirty-six hours then bottle. Dose, 1 to 2 tablespoonsful 3 or 4 times a day. Good for consumption, the lungs and a cough.

MARBLE STONES, TO CLEAN.

Take 2 ounces of soda ; 1 ounce of pumice stone ; $\frac{1}{2}$ an ounce of finely powdered chalk. Sift it through a fine sieve ; mix with water and rub it well over the marble, and the stain will be removed. Then wash the marble over with soap and water, and it will be as clean as it was when first put up.

MOTHER'S FOOD, AND FOR PREGNANT WOMEN.

It is not necessary to enter into an argument to show why a child with a large frame should give the mother more pain in its delivery than one with a small frame. The fact is self evident. It matters not how fat the little fellow becomes, because his flesh is yielding and readily conforms to the shape of the passage, but a large and inflexible frame reverses the fact and makes the passage conform

to it. Many women, during gestation, will resort to the very diet that will do the most mischief. It is therefore plain that all preparations of Indian corn are an unsuitable diet for women who are pregnant. Experience has shown that the pains and perils of child bed may be greatly diminished if pregnant women will only pay strict regard to their diet, and eat such food as possesses the least amount of calcareous matter. What I mean by calcareous matter, is that which, when taken into the system, goes to produce bone. There can be no mistake in the hypothesis that the foetus in the womb is nourished by the same food which is eaten by the mother, and if this contains a large quantity of calcareous matter, the frame of the unborn child is too rapidly developed, which causes greater danger and more pain in its delivery.

MOTHER'S FAULT FOR CHILDREN USING LIQUOR.

The reason that some children will indulge in strong liquor is this: When a child chokes, strangles or over drinks itself, while nursing, such children will indulge in strong drink when getting older in years. Mothers, beware of this; do not let your babe strangle itself while nursing. A child should not nurse over two hundred and sixty days at the most. Please try the above rule with faith.

MAGNETIC OINTMENT, TO MAKE.

Take lard, raisins cut in pieces, and fine cut tobacco, equal weights. Simmer well together, strain and press out

all from the dregs. This is an excellent ointment for salt-rheum, and other skin diseases. It is good for piles, bruises and cuts.

MOTHS, REMEDY AGAINST.

Take gum camphor 1 ounce ; powdered shells of red pepper 1 ounce. Macerate in 8 ounces of good alcohol for a week, then strain. With this tincture the furs or cloth are sprinkled over and rolled up in sheets. This remedy is useful if well done.

MEN'S PRIVATE LINES, TO LEARN.

As a general rule men want to know more of women than they do of themselves, and I venture that the majority of men will read the lines "private words to women" before reading these lines which are especially intended for men. Still, it may be said that men are generally better informed on the structure of the male organization than the women are on the anatomy of the female body. The ignorance of men, however, in regard to themselves is highly necessary to know, when their advantages for information are taken into account. A certain person who wanted to be a smart man was trying to make an injection into the rectum for worms, and after a week or so he sent word to the doctor that half the liquid advised by him could not be put to use. On further information it was found that the man had mistaken the urethra for the rectum. So the person was afflicted with soreness and swelling of the

bladder, and on examination it was found that they were talking about the scrotum. Some men actually suppose that the water and the seminal fluids come from the same canal, and that the canal is the scrotum. Some men imagine that the testicles are connected by short ducts with the urethra, and that the seminal fluids are injected directly upwards into and out of it. I trust every male reader will carefully look into all that I may present in this chapter, for, by so doing, we may better comprehend the sexual organs, and be induced to take better care of them. The urethra is composed of a spongy substance, which expands in forming what is called the glans penis. The main branch of the pubic artery enters the penis. The whole organ is enveloped with a loose skin which is attached at the neck formed by the junction of the glans or head. In repose the penis is shrunken and flaccid, measuring not more than about one-third its length, and when in a state of erection, it congests all the cellular and utmost limits of expansion. Then its average length is six inches, but there are all sorts of deviations from this measurement. When the organ is small can it be enlarged? I think it cannot be enlarged, unless it is shrunken by disease or abuse. The penis is subject to various diseases, from impure coition. The glans penis is often scalded by coming in contact with the female vagina, and will become the seat of pustules and sores called chancre, or, in vulgar parlance, the pox. If proper habits of clean-

liness were observed by those of both sexes there would be less prudery respecting the organs of generation, although abuse must be looked after.

MARE, TO TELL WHETHER WITH HORSE OR MARE FOAL.

If the mare lies on her left side at night she will have a stud colt, by lying on the right she will have a mare colt, because the seed of the male is more on the right, and of the female more on the left side. The right sides of all creatures are more warm and stronger than the left sides are. Wean your colts when the moon is full; alter your colts when in the new moon, while there is not much sap in the flesh.

NIGHT SWEATS, TO CURE.

Mix together 30 grains of oxide of zinc, and 15 grains of extract of conium. Divide into ten pills. The dose is 2 pills every evening until well. Is a useful cure.

NERVOUS SPASMS AND SEXUAL INTERCOURSE.

Take sulphuric ether 1 ounce; sweet spirits of nitre 1 ounce; ladies slipper root or extract $\frac{1}{2}$ an ounce; red sanders 1 drachm; oil of cinnamon $\frac{1}{2}$ a drachm; oil of anise $\frac{1}{2}$ a drachm; brandy or good whiskey 1 pint. Mix and let stand 10 or 12 days. Shake the bottle frequently. This is an excellent nerve tonic and is useful in spasms, cramps, nervous irritability and hysterics, and for weakness from excess in sexual intercourse. The dose is a teaspoonful every 3 or 4 hours. Is a warranted blood purifier.

NEURALGIA PILLS, TO MAKE.

Take extract of hyosciamus 1 drachm ; extract of aconite 30 grains ; macretion 20 grains ; morphine 5 grains. Make into 40 pills, thickening the mass if necessary with a little powdered licorice root or ginger. Dose, 1 pill every three hours until relief is obtained. Good in neuralgia and all severe nervous pains.

NIGHT SWEATS, AN OLD REMEDY.

Take a good sized nutmeg, a lump of alum the same size and a teaspoon of cloves. Pulverize all and add to it 1 pint of brandy or good whiskey. Dose, 1 tablespoonful 3 or 4 times a day, shaking the bottle well each time before using.

NIGHT SWEATS, TO CURE, AFTER FEVER AND IN CONSUMPTION.

Many persons are troubled with night sweats; they are caused by weakness or general debility. For its relief take essence of tansy $\frac{1}{2}$ an ounce ; alcohol 2 drachms ; quinine 15 grains ; muriatic acid 30 drops. Mix ; dose, 1 teaspoonful in a gill of cold sage tea 2 or 3 times a day, and at bed time. The cold sage tea should be freely used as a drink. It will even cure ague by repeating the above dose every hour, if begun to use in time.

NERVE STOMACH WINE, AND TO BRING TARDY MENSES ON.

Take gentian root 1 drachm ; Indian turnip 1 drachm ; gum myrrh 1 drachm ; orange peel 1 drachm ; filing of

steel 1 ounce ; peruvian bark $\frac{1}{2}$ an ounce. Take a quart of good wine and put all of the above in it and let macerate for 3 or 4 days. Dose, 1 tablespoonful morning and evening on an empty stomach.

NEURALGIA, AN INTERNAL REMEDY FOR.

Take salammoniac $\frac{1}{2}$ a drachm, dissolve in water 1 ounce. Dose, 1 tablespoon every 3 minutes for 20 minutes, at the end of which time the pain will disappear.

NERVOUS DISEASES, TO ALLAY.

Take tincture of valerian 1 ounce ; sulphuric ether $\frac{1}{2}$ an ounce ; compound spirits of lavender $\frac{1}{2}$ an ounce ; spirits of camphor 1 ounce. Mix in a bottle ; dose, from 1 to 2 teaspoonsful every 3 hours ; to allay nervous debility and to strengthen the nervous system, particularly in delicate females, and to quiet excitability.

OINTMENT FOR PILES.

Take extract of belladonna 1 drachm ; extract of stramonium 1 drachm ; sulphate of zinc 20 grains ; sugar of lead 20 grains ; prussic acid (common, strong) 5 drops, if can be had ; pure fresh lard 1 ounce. Mix well to form an ointment. To be applied to the pile tumors twice a day. This has been used with the most satisfactory results in all the different varieties of this distressing malady ; and may be relied upon as truly valuable in obstinate cases. Also good in tetter and salt rheum.

ONE'S APPETITE, HOW TO TAKE AWAY.

To 10 teaspoons of water put 1 grain of tarter emetic. Dose, 1 teaspoonful every 2 hours until a good appetite is getting poor.

OIL OF CREAM, FOR PILES.

Take of the inner green bark of elder, fresh gathered, three hands full, and of the best cream 2 pounds. Boil well together till the cream turns to an oil, then boil over with fresh bark. It is the best remedy for piles and tumors. Anoint the external parts twice a day and use as much as you can so as to reach the tumors.

ON THE ABUSE OF REPRODUCTIVE ORGANS.

Marriage is an institution designed to bring the sexes into the proper relations with each other, for mutual improvement of their mental powers and the benefit of nature's offspring. If we consult the Mosaic law for a guide or rule in regard to this matter, we will learn that at menstruation, and for five days after, the woman is unclean, and that it is unlawful. Five days are consecrated to purification. From that time forward for two weeks conception may take place, and the legitimate exercises of these functions is lawful. At the close of this period, and during gestation or pregnancy, it is not lawful, according to the doctrine of modern guides, if the object is not for the gratification of animal passion, but the intelligent procreation of healthy and superior offspring. It would appear

from recent investigations that children born within the first seven days after menstruation are usually females, and those born during the second week after are usually males. This rule also proves true in regard to domestic animals. If conception takes place at the commencement of the period of heat, the young will be a female, and if it takes place towards the close of this period, it will be a male. Experiments with common fowls show that the sex can be determined before the birth, and that the sexes can be procreated at will, not only among domestic animals, but also in human beings. If the female is bred to the male when the hen first comes from the nest, then the chick will be a female, and if impregnation takes place several hours after, it will be a male. Why the progeny will be a female if the newly formed ovum is impregnated when it first escapes from the ova sac, and a male if impregnated while passing through the duct to the organs of reproduction. To raise males or females at your leisure, have your companion lie or sleep on your left side for male children, and on your right side for females. There is yet room for us to all learn in private affairs.

OINTMENT, STRAMONIUM, TO MAKE.

Take fresh stramonium leaves, cut fine, 1 pound; lard 3 pounds; bees wax $\frac{1}{2}$ pound. Boil the leaves in lard until they become friable, then strain and add the wax. Melt the wax first, then mix and stir until cold. This is a use-

ful anodyne, and for piles and sores of various kinds. Used as a salve in cutaneous eruptions.

OLD VERMIFUGE REMEDY.

Castor oil, oil of worm seed, oil of anise, tincture of myrrh, of each 1 ounce ; oil of turpentine 10 drops. Mix well. One tablespoonful 3 times a day, or until it purges freely.

OPODELDOC, TO MAKE.

Take of the best brandy 1 quart. Warm it, and add gum camphor 1 ounce ; salammoniac 2 drachms ; oil of wormwood 2 drachms ; oil of origanum $\frac{1}{2}$ ounce ; oil of rosemary $\frac{1}{2}$ ounce ; when the oils are dissolved by the heat then add six ounces of soft or smear soap. This is an old liniment from Europe.

OIL LAMPS IN A BEDROOM.

Having an oil lamp burning all night in a bed room is a disagreeable and unhealthy evil, on account of the foul air and gas that is escaping from the lamp all night, particularly in a sick room. Much more so in a sleeping room, particularly with a kerosene oil lamp. Is well worth taking notice of the above lines.

ORIFICE OF THE VAGINA.

It is situated just below the vestibule, and the urethral orifice. In cases of child births where the deliveries are violent, the orifices of the urethra and vagina are frequently lacerated as to become one. The entrance of the

vagina in virgins is abridged or partly closed by a fold of the lining membrane, designated as the hymen. This has been called the barrier between the external and internal parts of generation. It has a very different appearance in different women, varying considerably in shape, place and strength, but generally resembles a half moon in form. It commonly only surrounds the lower half of the vaginal orifice. It is sometimes found that the whole entrance, having only a small hole in the center, or upper part, allowing the escape of the menstrual discharge. It is found at times closing the entrance, thus preventing the escape of the menses. This sometimes possesses considerable strength, so that its rupture is not easily effected, but usually it readily gives way in the act of coition, its ruins shrinking into two or three irregular folds, wart-like in shape, on each side. It has, therefore, been esteemed a test of virginity, and has given rise to many idle stories and silly notions. While it is commonly found in virgins, its presence is not a conclusive proof of perfect chastity, and its absence is much less so to the contrary; even where it does exist it is liable to be lost by numerous accidental causes, for which the female is in no way responsible, and where it has been lost, the vaginal entrance may be naturally or artificially contracted so that no one short of an expert can detect its absence.

OLD BITTERS, TO STRENGTHEN.

Take rye whiskey 1 gallon ; 1 pint wild cherries ; 50

peach kernels or seeds; 1 ounce of worm wood herbs or stalks; 1 tablespoonful of apple seeds or kernels; $\frac{1}{2}$ ounce of Virginia snake root. All to be smashed with a hammer, then mixed. Shake the bottle 3 times a day, for 8 or 10 days, and take 1 tablespoonful 2 or 3 times a day, a while after meals. This is worth using.

PECTORAL DROPS, TO MAKE.

Take paregoric 10 ounces; tincture of castor 4 ounces; laudanum 1 ounce; tincture of saffron 1 ounce; oil of aniseseed 15 drops. Mix; dose 1 teaspoonful in cases of cough or cold.

PLEURISY, A CURE FOR.

Take herbs, such as worm wood, tansy, wild or tame chamomile, hops, wheat bran, a handful of each. Take a big tablespoonful of lard, and put it in a pan with the herbs, fry it all together, pour a little vinegar on it while in the pan, put it on a cloth and lay it on the painful parts, renewing it whenever it gets cold and dry. Keep on until the pain is cured.

PAPER PASTE, TO MAKE.

Take soft water 3 ounces; gum arabic 1 ounce; glycerine $\frac{1}{4}$ ounce. Dissolve by heat, and bottle for use. This is a regular paper paste.

PILES, A NEW REMEDY FOR.

Take flower of sulphur 1 teaspoonful, morning and evening, in a little milk. This is a good and prominent

cure for the piles, as signified by the title. Rinse down with water.

PILES, TUMORS, SWELLINGS, AND PAINS.

Take $\frac{1}{2}$ pound of the bark of bitter sweet roots ; 1 pound of lard ; simmer a few hours to get the strength out, then strain. This is good for swelling breasts, and to drive away tumors or swellings, and also for piles.

PAREGORIC ELIXIR, TO MAKE.

Take opium, in powder 1 drachm ; bencoic acid 1 drachm ; oil of anise 1 fluid drachm ; clarified honey 2 ounces ; gum camphor 2 scruples ; diluted alcohol 1 quart. Macerate for fourteen days, and filter. To allay cough in chronic catarrh, asthma, and consumption, and to relieve nausea, and slight pains in the stomach and bowels, and to check diarrhoea, and in infantile cases to produce sleep. For infants 5 to 20 drops ; for an adult, 1 to 2 fluid drachms 2 or 3 times a day.

POISON, TO CURE.

Dissolve sugar of lead the size of a hazlenut in half a teacup of water, made warm. Apply warm with a rag. Three or four applications are sufficient to effect a cure.

POWERFUL ALTERNATIVE, TO MAKE.

Take burdock root 2 pounds ; yellow parilla 2 pounds ; blue flag 1 pound. Make a strong tea or decoction, and add 1 drachm of iodide of potassium. Take 2 ounces 3 times a day. Continue its use for several weeks. Can add good whiskey to keep from getting so ur.

PORK OR SWINE EATING, DISEASES OF THE BLOOD.

We read in the Scriptures that Moses was a wise man, and that the Lord commanded him to write and tell his people what they must eat, and what they must not eat, saying unto him: "stand thou by me and I will make thee an instrument of communication with my people," and that he wrote the law under the influence of inspiration, and must have told the truth when he declared in several places, as if to emphasize the fact, that the swine is unclean, and of him ye shall not eat, neither you in your day, nor your posterity forever. In fact the word *scrofua* or *scrofula*, in the Latin, when translated into English, means sow, and hence this terrible disease has received an appropriate name, from the early belief that the disease was peculiar to the swine. In essay to *scrofula*, by sleeping with the hog, when the Scriptures so plainly and explicitly declare in reference to this vile and unclean beast, and then eat him. Let any one, whether he be Jew, Christian or heathen, examine the carcass of this filthy brute while living, or dissect it after death, and you will soon learn that Moses must have been inspired when he declared the beast to be unclean. Look at its skin, covered with mange, dirty, tetter and itchy, so that the poor beast is often almost crazy to find some log or fence corner to rub itself against to obtain relief from itching. Please examine the hog's legs, a few inches above his feet, and look at the open sores or issues provided by nature to drain

off a part of the scrofulous ichor from his corrupt and filthy body. Take hold around the fore leg, near the body, press down slowly towards the feet and you will see the corruption flow from the open pipes like drainage from sewers. Sometimes a hog will wallow in its filthy sty, and these little openings become filled up and are closed, so that the scrofulous matter cannot escape from the system, when the animal will at once sicken, and would soon die, did not the owner very humbly get over into his pen and, with a corn cob, begin to scrape these outlets open, until they begin to discharge again, and the hog soon recovers from its illness. Verily, it is true, as the great lawgiver has told us, the swine is unclean. Indeed, animal instinct teaches all the lower animals this important fact, and makes them avoid the hog as food. No beast or bird of prey will eat a dead hog. They may lie dead in the field or by the roadside and no animal will touch them, unless driven to do so by the pangs of hunger and despair. No domestic animal will eat raw pork unless driven to do so by starvation. Instinct teaches them all that it is unclean. Indeed it is an old saying that "dog will not eat hog, neither will hog eat dog." Some may say that under the law the hog was unclean but under the gospel it was purified. Oh, no! the Saviour of men did not come into the world for any such purpose, and besides, from the very nature of the circumstances, even the gospel could not make that clean which was, in its very nature, unclean. If the

swine was unclean in the time of Moses, he remains unclean until this day. A clergyman seated at the table with one of his deacons, and having roast pig for dinner, the deacon requested him to ask a blessing, so he raised his eyes towards heaven, not knowing what to do or say, but he remembered the law, the swine is unclean, of him ye shall not eat, so he exclaimed, "Oh, God! if Thou canst bless, under the gospel, what thou did curse under the law, then bless this pig." We never read anywhere in profane or sacred history of a pig being offered as a sacrifice to the one true and living God, or even to the false gods, except with the purpose of defiling the altar and ignoring the sacrifice. Jews eat no pork, they reverence and obey the law and are blessed from scrofula and kindred diseases, which the hog will produce.

POLISH FOR STOVES, TO MAKE.

A teaspoonful of pulverized alum mixed with the stove polish, will give the stove a fine lustre which will be equally permanent.

PAINFUL MENSTRUATION OR WOMAN'S TINCTURE.

Take the best guaiac, in powder, 4 ounces; carbonate of soda $1\frac{1}{2}$ drachms; pimento, in powder, 1 ounce; diluted alcohol 1 pound. Digest for a few days. The dose is a teaspoonful 3 times a day, to be gradually increased if necessary. This has proved highly useful in painful menstruation, and is a cure for the suppression of the menses. Can be taken in sweet water.

PILES AND GRAVEL, TO CURE.

Take a handful of yarrow herbs, and 1 tablespoon of chamomile flowers. Boil this in 1 quart of water to a strong decoction, then put in a bottle and add $\frac{1}{2}$ an ounce of fine or pulverized red chalk, and 1 ounce of pulverized saltpetre. Dose, $\frac{1}{2}$ a gill morning and evening. Shake the bottle well before using. Do not use any milk or vinegar, and no pork, while using this medicine.

PEACHES, HOW TO CAN.

Pare the peaches and halve them, then pack closely into a can, tin or glass, without sugar. When the can is full fill the can with cold water. Let stand awhile for the water to soak into the crevices; keep full with water, then seal the can. When canned in this way peaches will retain their freshness and flavor. No boiling is needed.

SCRATCHES IN HORSES, TO CURE.

Take Spanish whiting $\frac{1}{2}$ an ounce; oxide of zinc $\frac{1}{4}$ ounce; glycerine 2 drachms. Mix well, then add $1\frac{1}{2}$ ounces of lard. Slowly stir well. Apply 2 to 3 times a day if necessary.

SWEANY IN HORSES, TO CURE.

Take oil of spike, oil of origanum, aqua ammonia, spirits of turpentine, sweet oil, of each 2 ounces; alcohol 1 quart; This is to be applied freely to the parts, and well rubbed in every other day. Four applications will cure the sweany. Ought to be heated in with a hot iron.

SILVERWARE, TO CLEAN.

Take Spanish whiting, wet it with aqua ammonia. This will cleanse brass from stains, and is excellent to polish door knobs, or silver ware. Apply with a rag, then wipe with a dry rag.

SALT RHEUM, TO CURE.

Take 2 pounds of the juice of buck thorn berries, and 1 pound of sugar. Boil to a syrup. Dose, take a tablespoonful 4 times a day, for 3 days, then stop 3 days, then take it again for 3 days, and so on for several weeks. It is also good at the same time to wash or smear the sores with Turner's zerate for which directions can be found in this book.

SUNBURN AND CHAPPED HANDS.

Take 2 drachms of borax ; roman alum 1 drachm ; camphor gum 1 drachm ; rock candy $\frac{1}{2}$ ounce ; ox gall 1 pound. Mix and stir for 10 minutes. Stir 3 or 4 times a day for 3 or 4 days, then strain or filter, and bottle for use. Wash your hands a few times a day, but do not wipe them after washing.

SWEANY IN HORSES, TO CURE.

Take equal parts of tallow, beeswax, beef marrow and sheep tallow ; 1 pint of whiskey and a tablespoonful of salt. Put the first four articles into a pot or kettle, melt them together, then put in the other articles, and apply to the affected parts of the horse. Bathe as hot as the horse can bear. You can work the horse right along.

SATURNI OINTMENT, TO MAKE.

Take simple ointment 10 ounces ; acetate of lead 5 ounces. This is an excellent cooling ointment, used in most all kinds of sores, as a salve.

SOUR STOMACH, TO CURE.

Take rushes, used to scour tinware, burn to ashes, and take 5 to 10 grains, 3 or 4 times a day. Used for sour stomach and dyspepsia.

SORE MOUTH OF CONFINED WOMEN.

Take iodide of potassium 2 drachms. Put it in a bottle and add 4 ounces of rain water. Dose, 1 teaspoonful morning and evening. This quantity will generally be sufficient to cure the worst case, if not then use a second bottle in the same way.

STOMACH AND DIGESTION, AN EXPLANATION OF.

Pastry, sweet cakes, composed of flour, sugar and lard, or butter, and, in fact, all food composed of flour, sugar and oils, are rendered insoluble in the weak gastric juice, and are indigestible, while either of these ingredients, eaten by itself, in its simple and natural condition, is comparatively wholesome and digestible. When such indigestible and unwholesome kinds of food are eaten, and are not digested, they will soon begin to ferment, filling the stomach and intestinal canal with a putrid, decaying animal and vegetable substance, which irritates, inflames and ulcerates the mucus membrane lining the intestinal canal,

causing an incalculable amount of pain, misery and suffering. These diseases are known as biliousness, liver complaints and dyspepsia, terms which are used so often, and which nobody, not even doctors, know the meaning of.

SHEEP, A FEW LINES ON.

Ewes should not be bred from until two years old. The farmer can readily fix the time for lambing, as the ewes go with young about 150 days. We may be governed in this matter by our own purposes in regard to the lambs, as to our own leisure.

SHEEP AND CATTLE, TO PREVENT JUMPING.

A variety of ways have been resorted to, to keep such stock from jumping fences. Take a pair of sharp scissors, and clip the eye lashes off the under lids only. This will keep animals from jumping until the lashes grow long again.

SOUR STOMACH, TO REMEDY.

Take baking soda 1 drachm, in half a teacup of water after meals, or when ever there is heart burn or acidity of the stomach. Is an easy remedy.

STRAW HATS, TO WHITEN.

Take stick sulphur, pulverize it, mix with water to a thick mass, plaster it over the whole hat, then place the hat in the hot sun for half a day ; when dry brush off. This is an effectual plan.

SILVER PLATING FLUID, TO MAKE.

Dissolve 1 ounce of nitrate of silver in 12 ounces of soft water, and put in 2 ounces cyanuret of potash. Let dissolve, then shake the whole well together, take a half ounce vial and fill half full of Paris white or fine whiting; then fill the vial with the liquor, and it is ready for use. Put on with a brush or rag.

SURE CURE FOR TAPEWORM.

There are about 15 different varieties of worms that at various times infest the body. Tapeworms often grow from 25 to 30 feet in length. The most sure and safest plan is to do without breakfast and dinner, and at about 3 or 4 o'clock take powdered pumpkin seeds, 2 or 3 heaping tablespoonsful. Mix with water and drink it. In about 2 hours take a large dose of castor oil, and a teaspoonful of turpentine. This is a sure and safe remedy.

SHINGLES, NUMBER OF, TO COVER A ROOF.

First find the number of square inches in one side of the roof. Cut off the right hand or unit figure, and the result will be the number of shingles required to cover both sides of the roof, laying 5 inches to the weather. If only for one side, divide the whole number by 2, to get only the one-half, or one side.

SNORING IN SLEEP, TO CURE.

Snoring is produced by a relaxed palate, and breathing through the mouth and nose at the same time. A rub-

ber band passed over the head and under the chin will prevent snoring. Try this, old uncle and aunty.

SUMMER COMPLAINTS, REMEDY.

Take aloes, mace, myrrh, saffron, rhubarb, gentian, cedoary, agaric, theriac, equal parts, or 1 ounce of each to 1 quart of whiskey. Let it ferment in a hot sun heat for ten days. Shake the bottle freely. Dose, 10 to 15 drops every half to one hour, if necessary.

SCIENCE CONDITION POWDER.

Take fenuegreek, cream of tartar, gentian, sulphur, saltpetre, rosin, black antimony and ginger, equal parts; lye 1 ounce; all to be finely pulverized; cayenne $\frac{1}{2}$ ounce. Mix thoroughly. It is used in yellow water, hide bound, coughs, colds, distemper, and all other diseases where condition powder is generally used. This purifies the blood. Dose, in ordinary cases give 2 teaspoonsful once a day in the feed. In extreme cases give it 2 times a day, for a week or longer.

SILVERING POWDER, TO MAKE.

For silvering copper, take nitrate of silver, common salt, of each 30 grains; cream of tartar 3 drachms. Mix, moisten with cold water, and rub on the articles to be silvered, with a brush or rag.

SWELLED BAGS OF COWS.

A good remedy for swelled bags of cows, if caused by cold or otherwise, may be cured by taking 4 drachms of

gum camphor ; 2 ounces sweet oil. Melt over a fire or stove in a large spoon or ladle. Use as an old fashioned salve a few times a day.

STOMACH ACID, TO DESTROY.

Take prepared chalk every few hours during the day in doses the size of a large bean. This will cure the headache and sickness to which the acid gives rise.

SICKNESS, FALLING PALSY AND EPILEPSY.

Find a place where there are plenty of mullein stalks. On the first Friday after Mary the Virgin comes home in August, you must go up in the morning without talking, go and dig three roots before the sun is up; wash or clean the roots, dry them in the shade, cut them short in pieces, take five, seven or nine pieces and string them on a red woolen yarn string like beads, and hang them around your neck like a string of beads.

SWOLLEN AND HARD BREASTS OF WOMEN.

Take whiskey 1 ounce ; rose water 1 ounce ; gum arabic 1 ounce. Set in a warm place so as to melt. Put this on the sore breasts, one, two or three times a day.

SWEATING POWDER, TO MAKE,

Take 1 ounce of saltpetre ; 1 ounce sinega snake root; gum camphor 20 grains. Make all in a fine powder. Take 20 grains every 1 or 2 hours, until the sweat comes on; good in thrashing fever.

SWELLING AT THE PRIVATE PARTS,

Take old baked bread, crumble it fine, boil it in milk and put oil of sweet emons in it. Put it on a rag and lay it warm over the swelling parts.

SPONGE CAKE, HOW TO MAKE.

Take 4 eggs; 2 cups of flour; 2 cups of sugar even full; beat the two parts of the egg separate—the white to froth—then beat them together, stir into the flour and without delay put into the oven or stove.

SUPPRESSED MENSTRUATION REMEDY.

Take oil of savon, oil of pennyroyal, oil of rosemary, oil of tansy and tincture of cantharides, of each 2 drachms. Dose, $\frac{1}{2}$ a teaspoonful 3 times a day in a little sweet water. Shake the vial before using. This is a very powerful and certain remedy, and must not be taken by pregent females, as it will produce abortion. Begin to use this a week before the expected time of menstruation. Dose, 10 drops 3 times a day; increase 2 or 3 drops a day if necessary.

SCURVY OR SORE MOUTH, WASH FOR,

Take aloes $\frac{1}{2}$ an ounce; extract of licorice $\frac{1}{2}$ an ounce; gum myrrh 1 ounce. Pulverize all and add 1 pint of brandy. Let digest for 4 days, strain and bottle for use. Wash and rub the gums with this 3 times a day. It is said to be a certain cure for scurvy.

SCRATCHES ON HORSES, TO CURE.

Wash their legs with warm soap suds, then wash with beef brine. Two applications will cure the worst case of scratches. Put on with a rag.

TO CURE WARTS AND CORNS.

Take 2 ounces of nitric acid and 1 ounce muriatic acid. Mix together slowly. Shave the wart down to the quick with a knife, then put the acid on a few times a day.

TALKING NURSES, CAUTION.

We know that no greater calamity can befall the sick than to have to endure with a talking nurse. Do not keep asking the patient "how do you feel?" or "can't I do something for you?" but watch him or her closely and anticipate every wish if possible. Never allow callers to talk to the sick in any way, for absolute rest is what is required for the sick at all times and on all sides.

THE UTERUS OR WOMB ILLUSTRATED.

The womb resembles a compressed pear, situated in the cavity of the pelvis above the vagina, and between the urinary bladder and the rectum. It is divided into three parts, the fundus, the corpus and the neck. The opening into the vagina is bounded by two bulging lips, one of which is larger than the other. In the virgin female the lips are full, smooth and round, but in giving birth to children they are liable to be injured. The internal surface of the womb is somewhat peculiar. The triangular

portion is lined with a thin, smooth, delicate and very vesicular membrane, which becomes thicker, harder and less vesicular in the cavity of the neck, and is folded into wrinkles. Between these wrinkles are small orifices which discharge a mucilage fluid, one important purpose of which is to close and glue up the mouth of the womb during pregnancy, so that there may no longer be any communication with the vagina. Some singular peculiarities have been met with in reference to this organ. Cases are found in which the smallness of the womb rendered the female barren, and it has even been found absent altogether. It has also been found double, each part having a separate connection with the ovary at its side, and a distinct opening into the vagina. In these cases it is quite possible for impregnation to occur at different times, more or less closely connected. That is, an ovum might be impregnated in one of the double parts, and be partially grown, and behold, another one might be impregnated in the other part, and finally be prepared to be brought forth in the form of a new human being, one from each side at the same time unexpectedly.

THE OVARIES AND EGG VESSELS.

The ovaries or female testes, are two oval shaped bodies, of a pale red color, placed about one inch from the womb, one on each side. They have an oval shape. At the narrow end is the ovarian ligament, which connects

them with the side of the womb, close below and behind the point of the going off of the oviducts. From puberty to the period called the turn of life, which usually takes place between the age of forty and fifty years, the ova, or eggs, are ripening in the ovisacs and passing to the outer surfaces of the ovaries to be set free, and conveyed into the womb. They ripen and are set free in succession one at a time. This event commonly takes place once a month, when in regular order, and is suspended during pregnancy and during the nursing of the child. As the female advances in life, the sores that are left by the escape of the ova become more marked, and finally, as the turn of life is passing, the ovaries will cease to perform their functions, and will be shrivelled up or shrink to one-half their natural size, and will sometimes disappear almost entirely and the parts unite.

TINWARE, TO CLEAN.

Do not use strong lye to clean tin ware, for it will spoil the tin. Use soap suds on the tin, and rub well with Spanish whiting, for the gloss will then last longer than with lye.

TO REMOVE GREASE FROM CLOTHING.

Common naphtha or what we call benzine, is one of the best grease eradicators there is in use. Wet the grease spot with this and rub with the hand. This will not take the color out.

WORMS DISCOVERED IN MEN'S FLESH.

These worms, in their natural state, inhabit the muscles of the hog. They have been discovered and seen in human muscles. They have the form of hairlike worms, enclosed in small globular, oval or minute specks, scarcely visible to the naked eye, yet can be plainly seen with the microscope. The number of larval worms that may exist in the muscles of a man is simply enormous. The muscles of a man of average size may actually contain twenty millions or more of these worms. When pork containing trichinae is eaten these worms will develop within a few days in the intestines, from which they work their way into the muscular portions of the body. The female is from one-twelfth to one-eighth of an inch long and begins breeding six or seven days from the time of its maturity, and continues two or three weeks. The origin of the trichinae worm is unknown, except it is so found in the hog's flesh, from which, I think, the worms are communicated by way of the stomach and intestines. Perfect safety lies only in thoroughly cooking all swine meat, whether it is believed to be infected or not, whether boiled, baked, fried or stewed, let it be well cooked, and then there will be no danger. Never eat raw smoked ham, for therein lies danger. Thoroughly cooking is the only preventive of this disease, for which there is no cure when the worms become numerous. Beef, mutton and poultry are not infested with these worms, called trichinae.

WOMAN, LABOR DELIVERY.

It is related of children being born after ten full months of gestation, but these cases are very doubtful, for it is extremely difficult to know the exact period of conception. Legislation, however, has fixed the principle that child birth may take place the two hundred and ninety-ninth day of pregnancy. It is my confirmed opinion that there would be much less danger in cases of confinement if they were intrusted altogether to females. No doubt one-half of the woman attended by men are delivered before their proper time, and this is the reason why we see so many deformed children, and meet with so many females who have incurable complaints. If the business was trusted to aged midwives, they would give more time, and nature would have an opportunity to do its work, and if necessary advice might be had with more safety.

WHEN A LINSEED LAXATIVE IS REQUIRED.

When linseed oil is prescribed for a laxative for animals, internally, it always means raw oil. Boiled linseed oil contains litharge, which is a deadly poison. Raw oil is of a more light color; and should be used for medicine in place of the boiled.

WASHING INFANT CHILDREN.

Wash the new-born infant with soft or rain water, and castile or glycerine soap. Powder with wheat flour starch. Never wash the clothes or napkins in soda. It causes breaking out. Lead is poison. Clothing should

frequently be changed, and have the clothing well aired. The head ought to be kept cool, and the clothes kept loose. Should there be no mother's milk, then give milk made warm, from but one cow only. Give it to suckle every one and a half hours. For the first month be regular. The stomach requires rest. A substitute for milk is to boil good bread in water for a few hours, then put in a small lump of sugar. A child ought to be weaned at about two hundred and sixty days. After that the breast will do more harm than good. Do not vaccinate a child before it is weaned. Nursing mothers should avoid such food as rich pastry.

**WOMAN WITH CHILD, WHETHER WITH MALE OR FEMALE
CHILD.**

Write the names both of the father and of the wife proper, also the name of the month in which she was conceived. Then add all the letters together, divide by 7. and if the remainder is uneven it will be a boy ; if even, then look for a girl.

WASHING CALICOS, NOT TO FADE.

Infuse 3 gills of salt in 4 quarts of boiling water, put the calicos in while hot, and leave till cold. In this way the colors are rendered permanent, and will not fade by subsequent washing.

WHITES OR FLOUR ALBUS, TO CURE.

Take 30 or 35 drops of balsam of copabia in a teaspoon of sweet wine. Sweeten to your taste, and take 3 times a day, 1 hour before mealtime. Keep on using for 3 or 4 weeks. Do not use any coffee or tea, but use milk if you can, while using the medicine.

WENS, HOW TO CURE.

Take the yolks of 3 eggs and beat them up, then add as much fine salt as will make a salve, and apply a plaster to the wen every 10 hours. It will cure without trouble.

WHEN PARENTS WILL MURDER THEIR OWN CHILDREN.

In the following way they try to console themselves, and yet the fond mother would think her young infant would starve to death, if it did not eat at least a teacupful of crackers and stuff. Is it strange, under such circumstances, that its stomach is so often out of order, and that it wants a little magnesia or catnip tea to cure it of this trouble? the only wonder is that such children do not all die. If they had not vital power they would all have to perish. Put all the blame upon the shoulders of Divine Providence, when, in reality, the parents alone are responsible for the death of their own children. Indeed it is high time, in this age of time, that parents should be taught that the great and good Creator holds them strictly accountable for the preservation of the health of their children. The mother involves the greatest responsibility and

the greatest and noblest duties, and if not qualified by physical, mental or moral training and education to discharge her duties properly, hard indeed will be the fate of such unfortunate offspring in time to come.

WOMB FALLING EITHER WAY.

If the womb falls forward upon the bladder and towards the pubes, it constitutes anteversion. In this case the top or fundus of the womb is turned forward to the bladder, and the mouth towards the rectum. When the womb falls over backwards, between the rectum and the vagina, it is said to be retroverted. In this case the fundus is turned toward the rectum, and the neck toward the bladder. If the womb is anteverted, and turned upon itself, it is anteflexed; and when retroverted and turned upon itself, it is called retroflexion. These displacements may occur suddenly or gradually, causing great distress. The usual symptoms are costiveness and straining at the stool, frequent urination, painful menstruation, pains in the lumbar regions, and down the limbs, neuralgia, hysterics and nervous debility. It is a serious affection, and should receive early attention and proper treatment. Such important diseases should, however, be confided to the care and direction of a competent physician, through which great relief may be expected, if well understood, otherwise time and money will be lost, which is most frequently the case. Good care is the best of medicine in these cases.

**WHY SOME PEOPLE MOST ALWAYS HAVE THEIR MOUTH
OPEN.**

The reason that some persons most always have their mouths open is because the navel cord is cut and tied too far away from the body. With new-born infants the navel cord should not be tied more than one and a half inches away from the body. One and a quarter inches would be best. This is worth while to take notice on the above lines. Skillful practice will, in course of time, prove the above to be true.

WARTS, TO KILL.

Take cronic acid, having first the wart cut down to the quick, then put the acid on. Let soak awhile, then scrape the wart and put more acid on.

WHOOPIING COUGH REMEDY.

Take wild ginger root bruised 2 ounces ; alcohol $\frac{1}{2}$ a pint ; water $\frac{1}{2}$ a pint. Simmer all this over a slow fire for fifteen minutes, then add, while hot, 15 grains of powdered cochineal ; white sugar $\frac{1}{2}$ pound ; carbonate of potash 3 drachms. Let stand till cold, then strain, press out and add 2 ounces of wine of epicac. Dose, 1 to 2 teaspoonsful according to age, and repeat according to circumstances. This is a good remedy for whooping cough.

WHOOPIING COUGH, A REMEDY FOR.

Take salts of tartar 20 grains ; cochineal 10 grains ; loaf sugar 1 ounce. Dissolve in three gills of water.

Dose, for a child 4 to 5 years old, 1 teaspoonful 3 times a day, and also a little when the cough is troublesome.

WHOOPIING COUGH, NEW REMEDY.

Take 1 gill of water, dissolve 1 scruple of salt of tartar in it, and add to this 10 grains cochineal. Sweeten it with sugar ; give to an infant $\frac{1}{4}$ teaspoonful 4 times a day, two years old $\frac{1}{2}$ teaspoonful, and more according to age.





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